

# FACULTY OF HEALTH SCIENCES

## GUIDELINES

### DRESS CODE

<b>Overview</b>	<p>All students attending Professional, Clinical or Fieldwork Placements within the Faculty of Health Sciences are representatives of La Trobe University and are expected to comply with the faculty dress code and professional presentation guidelines.</p> <p>Students should also be aware that most agencies will have their own compulsory dress code requirements and policies to minimise occupational health and safety risks as well as infection control.</p> <p>Agencies have the right to send a student home if they do not comply with the agency's dress code and may withdraw the student from placement if they repeatedly fail to conform. The Faculty of Health Sciences cannot overturn any decision made by the agency in relation to dress code.</p> <p>Students who do not comply with the dress code requirements may jeopardise their chance of undertaking a suitable (or any) clinical or professional placement, thereby delaying or preventing completion of their course.</p>													
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<b>Professional Presentation</b>	<p>While uniform requirements may vary between disciplines, all students are expected to comply with the professional presentation rules as follows:</p> <ul style="list-style-type: none"> <li>• La Trobe name badge should always be worn</li> <li>• Clothing should be neat and tidy (i.e. laundered, ironed and without noticeable damage)</li> <li>• Hair must be clean and tidy. To meet occupational health and safety standards, long hair must be tied back. This will minimise exposure to the transfer of any body fluids and from patients grabbing and pulling hair</li> </ul>													

- No excessive make-up or perfumes should be worn. Unwell patients exposed to strong odours may experience nausea
- Nails must be short and clean with no coloured nail varnish or acrylics
- No visible facial jewellery (i.e. nose, eyebrow, tongue, lip, chin). Piercings may be covered
- No visible tattoos
- Jewellery should be minimal, conservative and removable for hand washing. For safety reasons, any jewellery that may catch on equipment or be pulled such as large earrings, claw setting rings, necklaces and bangles should not be worn. Wedding bands and stud earrings may be worn
- Mobile phones should be switched off at all times and only accessed during designated breaks. Some faculties require mobile phones to be stored in a staff room or locker
- Shoes should be clean and in good condition. No open toe shoes or sports shoes are to be worn
- Jeans/denim, leggings, sleeveless/ backless/ strapless/spaghetti-string tops or dresses, mini-skirts, low necklines, sweat shirts, midriffs, spandex and sheer attire are not acceptable work attire
- No clothing with offensive language or references
- Good personal hygiene should be maintained at all times
- No hats or caps
- No chewing gum

**Occupational Health and Safety and Infection Control**

Most clinical agencies will have an occupational health and safety policy and infection control policy designed to protect the health and safety of its staff and patients. Policies of this nature may include dress code guidelines.

At all times, students undertaking professional clinical placements are expected to comply with the dress code requirements of any occupational health and safety or infection control policy in place at the clinical agency they are attending.

Examples of dress code requirements include:

- The ability to move freely and undertake patient care such as manually handling
- No clothing or attachments that may become caught in equipment
- Being able to roll shirt sleeves above the elbow for hand washing purposes
- Wearing clothing fabric that is easily cleaned and maintained
- Wearing protective clothing as directed
- Wearing footwear that is non-slip and close toed

<b>Uniforms</b>	<p>Where applicable, uniforms may be purchased from Image at La Trobe or other approved suppliers as directed by individual disciplines.</p> <p>For more information about Image at La Trobe, please visit:  <a href="http://www.latrobe.edu.au/student-services/merchandise/index.html">http://www.latrobe.edu.au/student-services/merchandise/index.html</a></p> <p>Uniform requirements vary between disciplines and clinical environments. Please note, disciplines and clinical placement agencies may require students to comply with alternative dress codes. Where this is the case, students will be informed prior to the placement being undertaken.</p> <p>Where a student fails to comply with the clinical agency's dress code requirements, students may be removed from placement until such time that they can meet the requirements. Agencies may withdraw the student from placement if they repeatedly fail to conform.</p> <p>Unless otherwise advised by a student's discipline specific Clinical Coordinator, students are expected to wear the following clothing as defined for their discipline:</p>
<b>Nursing and Midwifery</b>	<p><b>Uniform for Women (Nursing and Midwifery)</b></p> <ul style="list-style-type: none"> <li>• Blue chambray blouse (short or ¾ length sleeve) with the embroidered Nursing and Midwifery logo <ul style="list-style-type: none"> <li>○ Sleeves must be able to be pulled up above the elbow for washing and aseptic procedures/wearing of gloves</li> <li>○ No cardigans or jumpers are to be worn when working with clients</li> </ul> </li> <li>• Tailored navy/black trousers or culottes</li> <li>• Black/navy lace-up shoes</li> <li>• Navy or grey stockings or socks</li> <li>• A head scarf needs to be black or navy, and tucked into the shirt collar so it is neat and tidy</li> <li>• A long skirt may be worn but must be black or navy with the hem line at least 2 inches from the floor</li> </ul> <p><b>Uniform for Men (Nursing and Midwifery)</b></p> <ul style="list-style-type: none"> <li>• Blue chambray shirt with the embroidered Nursing and Midwifery logo</li> <li>• Tailored navy/black trousers or shorts</li> <li>• Black/navy closed toe shoes.</li> <li>• Black/navy socks with trousers; white socks may be worn with shorts</li> </ul>
<b>Occupational Therapy</b>	<ul style="list-style-type: none"> <li>• Optional - short sleeve polo shirt with the embroidered Occupational Therapy logo</li> <li>• Tailored black/navy trousers, shorts or skirts</li> <li>• Closed toed shoes</li> </ul>

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<b>Orthoptics (Clinical Vision Sciences)</b>	<ul style="list-style-type: none"> <li>• La Trobe shirt/blouse</li> <li>• Tailored black pants/skirt</li> <li>• Black shoes (no sandals, runners or thongs)</li> <li>• Students may also wear a jumper, jacket, cardigan or vest</li> </ul>
<b>Physiotherapy</b>	<ul style="list-style-type: none"> <li>• Short sleeve polo shirt with the embroidered Physiotherapy logo</li> <li>• Tailored black/navy trousers or shorts</li> <li>• Closed toed shoes</li> </ul>
<b>Podiatry</b>	<ul style="list-style-type: none"> <li>• Blue chambray shirt with the embroidered Podiatry logo</li> <li>• Tailored black/navy trousers, shorts or skirts</li> </ul>
<b>Prosthetics and Orthotics</b>	<ul style="list-style-type: none"> <li>• Blue chambray shirt with the embroidered NCPO (National Centre for Prosthetics and Orthotics) logo</li> <li>• Sand coloured trousers, shorts, skirt or culottes</li> </ul> <p>Some agencies may require male students to wear a tie when consulting patients.</p>
<b>Dietetics, Speech Pathology, Social Work and Health Information Management</b>	<p>These disciplines do not require students to wear a La Trobe uniform while on professional clinical placements, however students are expected to wear their official La Trobe University name badge, dress in a neat and professional manner and comply with the professional presentation guidelines noted above.</p>
<b>Placements Where No Uniform is Required</b>	<p>In some instances, students will be advised not to wear a uniform (i.e. at psychiatric placements). Where a discipline specific Clinical Coordinator confirms that a student does not need to wear the standard uniform, students may wear their own clothing but are expected to comply with the same general personal presentation guidelines noted above.</p> <p>Where a uniform is not required clothing should be neat, casual and practical for the clinical environment.</p>
<b>Adherence to Fixed Personal or Cultural Dress Requirements</b>	<p>Where possible, students wanting to adhere to fixed personal or cultural dress requirements should consult with their Clinical Coordinator prior to undertaking any professional clinical placements.</p> <p>Students are expected to make reasonable adjustments to their personal attire in order to meet the occupational health and safety and infection control requirements of their placement.</p> <p>Students who have fixed personal or cultural dress requirements who are unable to comply with the occupational health and safety policy or infection control policy of a clinical agency should immediately alert their discipline specific Clinical Coordinator who may seek further advice from the clinical</p>

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	<p>agency, the office of equity and diversity, religious councils or professional registration bodies as required.</p> <p>While reasonable adjustments may be made to enable an individual student to meet the expectations of their course, students must still be able to meet the minimum inherent requirements for their individual course of enrolment. Adjustments must not compromise the students' personal safety or the safety of their clients.</p> <p>Where a student is unable to comply with the occupational health and safety policy or infection control policy of a clinical agency due to their personal or cultural dress requirements, the Faculty of Health Sciences will make reasonable attempts to source a suitable alternative placement. The Faculty of Health Sciences will consider that it has made reasonable attempts to find a suitable alternative placement if it has received rejections from three agencies (however the number may be lower depending on availability of placements).</p> <p>Where reasonable attempts have been made and no suitable alternative placement can be sourced, students will be counselled by their discipline specific Clinical Coordinator on the most appropriate action. Students may be required to take a Leave of Absence from the course or reconsider their enrolment in the course.</p>
<b>Prospective Students and Newly Enrolled Students</b>	Prospective applicants and newly enrolled students adhering to fixed personal or cultural dress requirements should seek advice from the discipline prior to enrolment. This is to prevent students from incurring learning debts in a course where they are unable to comply with the inherent requirements, or to prevent, where possible, delays in undertaking clinical placement
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