



Clean Hands Save Lives

Pre-Surgical Hand Asepsis Protocol

4 Steps: Hygiene, Wash, Disinfect and Care

Surgical personnel should always take care of hand hygiene

Have a proper hand hygiene in and outside the surgical theater.



Clean Hands



Short nails



No artificial nails
No nail polish



No jewellery



No wounds

1 minute handwash with Neutral Soap

This is a **cleaning procedure**. Before the 1st surgery of the day or when hands are visibly soiled.



Use soap and a dry sponge.



Gently wash hands and forearms including elbow **without** brushing.



Pick and brush fingernails, rinse with water.



Dry hands and arms with regular paper.

1.5 minute rub with Hydro-Alcoholic Solution

This is the **hand disinfecting step**. Keep solution wet for 1.5 minutes on skin.



Time your 1.5 minute rub!
Apply on hands and forearms.



Rub over hands, forearm and elbow.
Include upper arm in abdominal procedures.



Concentrate on areas often missed.



Allow to dry before gloving!
Don't wave hands!

Good Skin Care

Take care of your hands when leaving the surgical theater.



Apply cream on back of hands, rub hands back to back then rest of hand.

Areas frequently missed during disinfecting step!

- Areas frequently missed during disinfecting step.
- Most frequently missed.

