

# Clean Hands Save Lives

## Pre-Surgical Hand Asepsis Protocol

4 steps: **Hygiene** » **Wash** » **Disinfect** » **Care**

### Step 1

### Hygiene

**Surgical personnel should always take care of hand hygiene**

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



Clean Hands



Short nails



No artificial nails  
No nail polish



No jewellery



No wounds

### Step 2

### Hand Washing

**1 minute handwash with Neutral Soap**

This is a **cleaning procedure**. Before the 1<sup>st</sup> 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

### Step 3

### Hand Disinfection

**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!

### Step 4

### Skin Care

**Good Skin Care**

Take care of your hands when leaving the surgical theatre.



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



When using this routine, ensure the hydro-alcoholic solution used meets the prEN 12791 requirements for surgical hand asepsis and verify appropriate timing according to manufacturers recommendations.