

# Surgical Hand Preparation with Alcohol-Based Handrubs

## Key points for effective surgical hand hygiene

- Keep nails short.
- Do not wear artificial nails or nail polish.
- Remove all jewellery such as rings, watches, or bracelets.
- Clean under the nails with a nail file.
- Nailbrushes should not be used. If used, nailbrushes must be sterile and single use.



**1** Take appropriate amount of soap. Scrub all sides of each finger, the palms and the backs of both hands.



⌚ 40 - 60 seconds

**2** Proceed to scrub the arms.



**3** Rinse hands and arms.



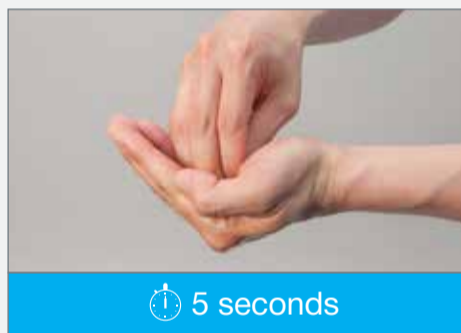
**4** Dry hands and arms thoroughly with a single use towel.



**5** Put approximately 5ml of alcohol-based handrub in the palm of your left hand.

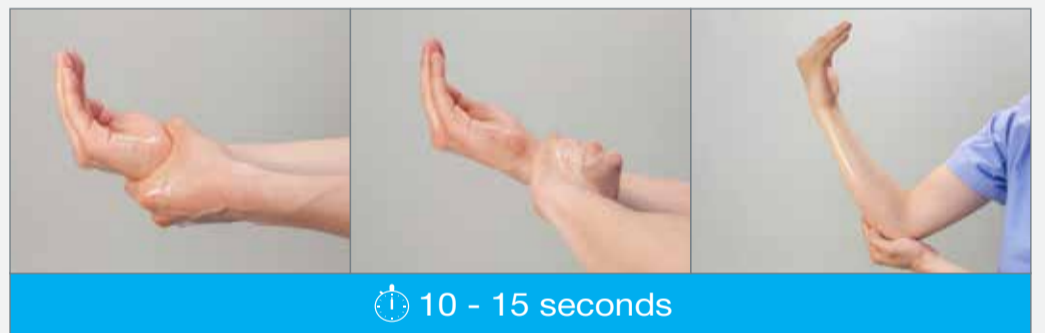


**6** Dip the fingertips of your right hand in the handrub to decontaminate under the nails.



⌚ 5 seconds

**7** Smear the handrub on the right forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated.

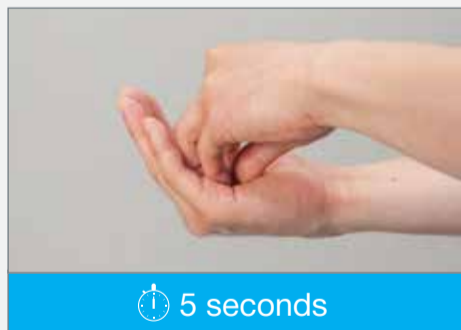


⌚ 10 - 15 seconds

**8** Put approximately 5ml of alcohol-based handrub in the palm of your right hand.



**9** Dip the fingertips of your left hand in the handrub to decontaminate under the nails.



⌚ 5 seconds

**10** Smear the handrub on the left forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated.



⌚ 10 - 15 seconds

**11** Put approximately 5ml of alcohol-based handrub in the palm of your left hand.

**12** Cover the whole surface of the hands up to the wrist with alcohol-based handrub, rubbing palm against palm with a rotating movement.

**13** Rub the back of the left hand, including the wrist, moving the right palm back and forth, and vice-versa.

**14** Rub palm against palm back and forth with fingers interlinked.

**15** Rub the back of the fingers by holding them in the palm of the other hand with a sideways back and forth movement.

**16** Rub the thumb of the left hand by rotating it in the clasped palm of the right hand and vice versa.



⌚ More than 1 minute