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 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

**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**

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

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.

Adapted from Veterinaryhandhygiene.eu poster 2016