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!

Areas frequently missed during disinfecting step!

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

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