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

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.

Adapted from Veterinaryhandhygiene.eu poster 2016
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