

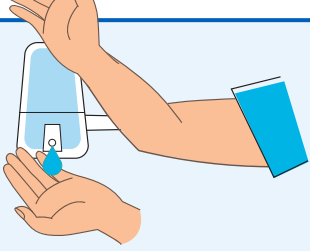
Appendix 3: Best practice - surgical hand antiseptis using antimicrobial soap

1




Wet hands and forearms.*

2



Put antimicrobial liquid soap onto the palm of each hand/arm using the elbow of your other arm to operate the dispenser.

3



Rub hands palm to palm. Steps 3-8 should take a minimum of 2 minutes.

4



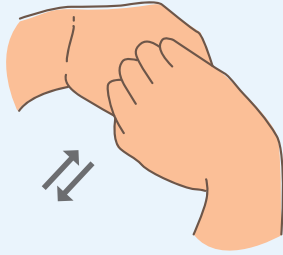
Right palm over the back of the other hand with interlaced fingers and vice versa.

5



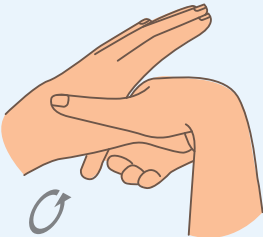
Palm to palm with fingers interlaced.

6



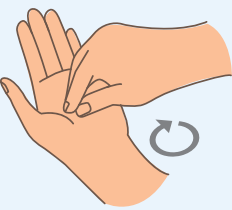
Backs of fingers to opposing palms with fingers interlaced.

7



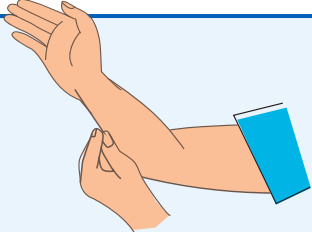
Rotational rubbing of left thumb clasped in right palm and vice versa.

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa. Rinse hands between steps 8-9, passing them through the water in one direction only.

9



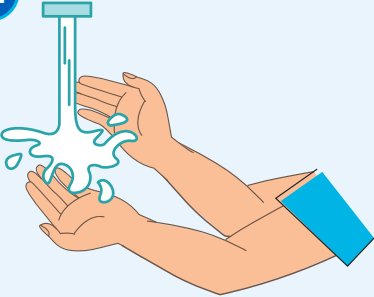
Put antimicrobial liquid soap onto the palm of your left hand using elbow of your other arm to operate the dispenser. Use this to scrub the right arm for 1 minute using a rotational method keeping the hand higher than the arm at all times.

10

Repeat the process for the other hand and arm keeping hands above elbows at all times.

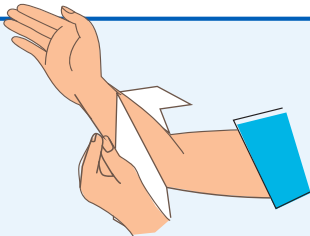
If the hand touches anything at any time, the scrub must be lengthened by 1 minute for the area that has been contaminated.

11



Rinse hands and arms by passing them through the water in one direction only, from fingertips to elbow. Do not move the arm back and forth through the water.

12



Hold hands above the elbow. Use one sterile, disposable towel per hand and arm. Blot the skin of the hand, then use a corkscrew movement to dry from the hand to the elbow. The towel must not be returned to the hand once the arm has been dried and must be discarded immediately.

*Nails should be cleaned before the first scrub of the day, or if visibly dirty, e.g. using a nail pick (single-use). Any skin complaints should be referred to local occupational health or GP.

Local policy may recommend repeating steps 1-11 to the mid-forearms only.