

# Standardised Surgical Scrub<sup>1</sup>

The objective is to eliminate transient flora, reduce resident skin flora and inhibit growth of bacteria under gloves.

## Step 1 - Duration 1 minute



Open and prepare a nail cleaner and scrub sponge for use. Rinse hands and arms and wash with sufficient antiseptic to ensure adequate coverage to 2.5cm above elbows.



With hands under gently running water, use the nail cleaner to remove debris from underneath the fingernails if visibly soiled.



Skin antiseptic is left in contact with the forearms while the fingernails are being cleaned.

## Step 2 - Duration 2 minutes



Apply skin antiseptic to the scrub sponge and wash all surfaces of the hands and forearms working from the nail beds and between fingers.



Proceed to wash the forearms to the level of the elbows, using circular hand motions. Use more skin antiseptic if necessary. Rinse hands and forearms.



## Step 3 - Duration 2 minutes



Repeat Step 2 above. Hands and forearms are washed again but stopping at the mid-forearm. Rinse hands and forearms.



Hands are washed again before rinsing the hands and forearms again thoroughly. Remain at the scrub sink until hands and arms are drip dry before drying with a sterile towel.

**Surgical hand antisepsis is only successful if all skin surfaces are exposed to mechanical cleaning and adequate contact with an approved skin antiseptic.**

**5 minute surgical hand scrub procedure.**  
To be performed as the first scrub of the day.

## Step 1 - Duration 2 minutes



Rinse hands and arms and wash with sufficient skin antiseptic to 2.5 cm above the elbows for 20 seconds.



Without rinsing, apply additional antiseptic and wash all surfaces of hands and forearms, working from the nail beds and between fingers. Proceed to wash forearms, rinse.

## Step 2 - Duration 1 minute



Hands and forearms are washed again, as per step 1, but stopping at mid forearm. On completion, rinse hands and forearms.



Allow hands to drip dry at the scrub sink before drying hands with a sterile towel.

**3 minute surgical hand scrub procedure.**  
To be performed for subsequent surgical hand scrubs.

1. Australian College of Operating Room Nurses Ltd. Standards for Perioperative Nursing in Australia 14th Ed. Adelaide, South Australia: ACORN; 2016