

# Standardised Surgical Hand Rub<sup>1</sup>

Procedure for surgical hand antisepsis with an alcohol base hand rub (according to EN 12791)

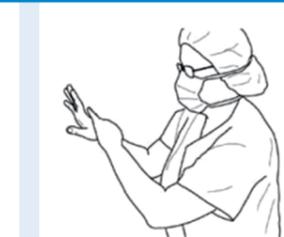
- Prior to commencement of the theatre list, under running water, remove any debris from underneath the fingernails and ensure hands and forearms are clean and dry.
- If, at any point hands and/or forearms are visibly soiled, wash using a non medicated soap OR soap provided as per your facilities policy and guidelines.
- Ensure hands are completely dry before applying MICROSHIELD® Antiseptic Hand Rub Solution - (MARS).

## Preliminary Step - Hands and wrist surface contact<sup>1</sup>



**Dispense 2** applications of antiseptic rub into cupped hand and smear antiseptic rub onto both hands and wrists.

## Step 1 - Initial coverage - hands and forearms to elbow<sup>1</sup>



**Dispense 2** applications of antiseptic rub into cupped hand.

Dip fingertips in hand to decontaminate under the nails.

Smear antiseptic rub in circular movements around forearm up to the elbow. Ensure all skin from the wrist to the elbow is in contact with the antiseptic rub.

## Step 2 - Initial coverage - hands and forearms to elbow<sup>1</sup>



**Repeat Step 1** and dispense another 2 applications of antiseptic rub into the opposite hand and follow above procedure.

## Step 3 - Rubbing hands and wrists (as per the standard hand rub technique)

**Dispense 2** applications of antiseptic rub into cupped hand and smear antiseptic rub onto both hands and wrists.



1 Rub palms together. Rub the back of hands and wrists. Rub palm to palm with fingers interlaced.

3 Rub the backs of the fingers with the palm of the other hand, and then grip each finger and thumb with opposing hand and rub and rotate in the clasped hand ensuring full coverage of all surfaces.

## Step 4 - Gowning and gloving

**Allow hands to completely air dry. Once dry, sterile surgical gown and gloves can be donned.**

At all times during the surgical hand rub procedure - use sufficient solution to keep hands and forearms wet for a minimum of 90 seconds.



1. Australian College of Operating Room Nurses Ltd. Standards for Perioperative Nursing in Australia 15th Ed. Adelaide, South Australia; ACORN 2017