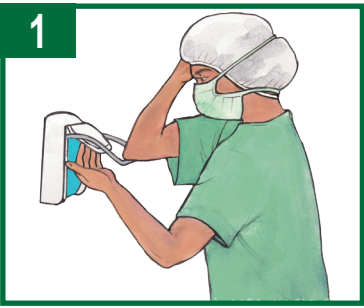


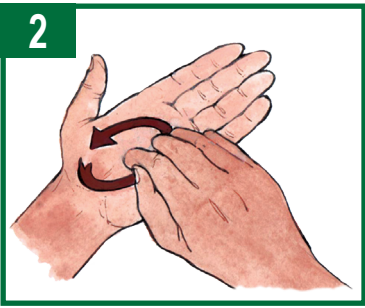
# Surgical hand preparation

## Save lives: clean your hands

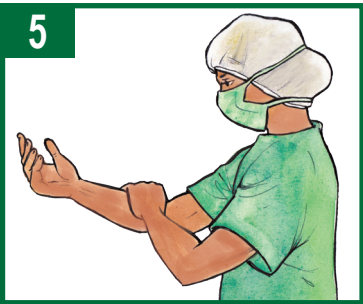
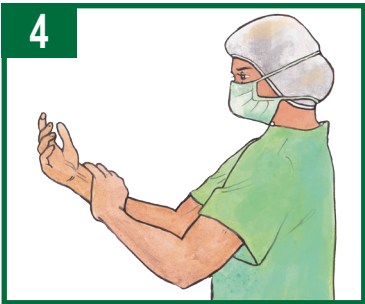
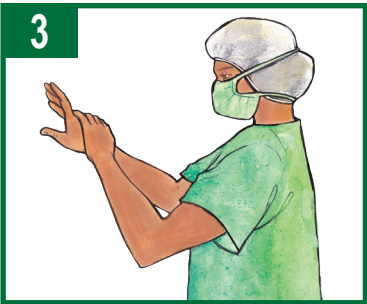
- The handrubbing technique for surgical hand preparation must be performed on perfectly clean, dry hands.
- After the operation when removing gloves, hands must be rubbed with alcohol-based hand rub (ABHR), or washed with soap and water if necessary.
- Surgical procedures may follow each other using ABHR as a surgical hand preparation if the following handrubbing technique is followed:



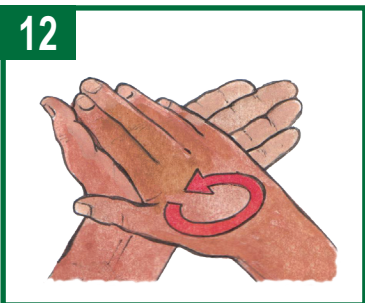
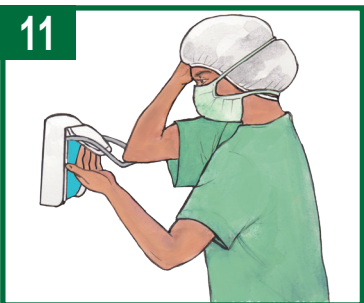
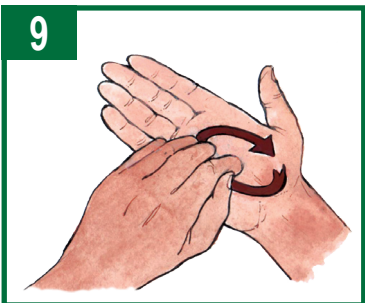
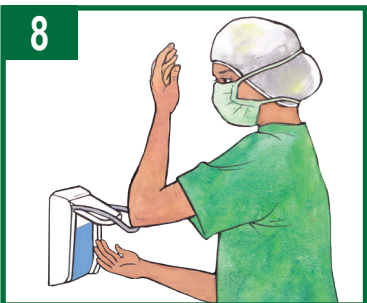
1 Dispense  $\pm$  5mL (3 doses) of ABHR into palm of left hand.



2 Dip fingertips in ABHR to decontaminate under nails (5 seconds).



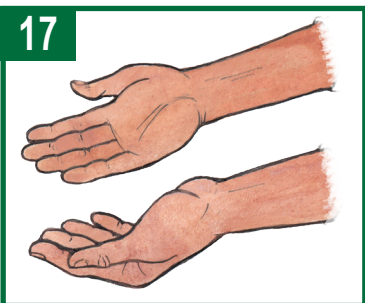
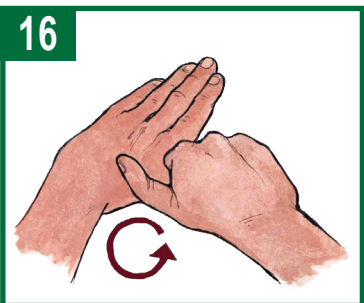
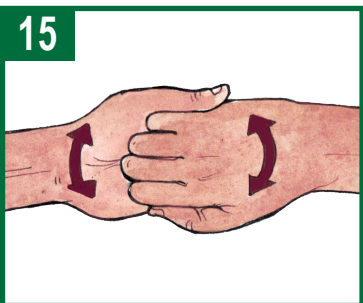
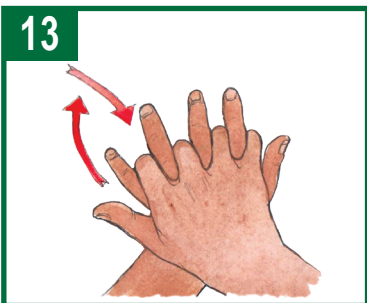
Smear ABHR over right forearm up to elbow until fully evaporated (10-15 seconds).



Repeat for other hand and arm.

Dispense another  $\pm$  5mL into clean hands.

Rub palms together.



13 Place one hand over back of other, rub between fingers. Swap hands.

14 Rub fingers between each other.

15 Grip fingers and rub together.

16 Rub each thumb with opposite palm. Swap hands.

17 The surgical hand rub is complete.

Source: NDoH. Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020

Adapted from the Infection Control Society of South Africa (ICSSA) and World Health Organization (WHO) and sponsored by the Knowledge Translation Unit (KTU).

Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? Infection Control & Hospital Epidemiology, 38(2), 230-233. doi:10.1017/ice.2016.241