Surgical Handrubbing Technique

- Handwash with soap and water on arrival to OR, after having donned theatre clothing (cap/hat/bonnet and mask).
- Use an alcohol-based handrub (ABHR) product for surgical hand preparation, by carefully following the technique illustrated in Images 1 to 17, before every surgical procedure.
- If any residual talc or biological fluids are present when gloves are removed following the operation, handwash with soap and water.

![Image 1]
Put approximately 5ml (3 doses) of ABHR in the palm of your left hand, using the elbow of your other arm to operate the dispenser.

![Image 2]
Dip the fingertips of your right hand in the handrub to decontaminate under the nails (5 seconds).

![Images 3-7]
Smear the handrub on the right forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10-15 seconds).

![Images 8-10]
Now repeat steps 1-7 for the left hand and forearm.

![Images 11-17]
Cover the whole surface of the hands up to the wrist with ABHR, rubbing palm against palm with a rotating movement.

![Images 13-17]
Repeat this sequence (average 60 sec) the number of times that adds up to the total duration recommended by the ABHR manufacturer’s instructions. This could be two or even three times.