Adapted from the World Health Organizat

Appendix 4 - Surgical rubbing: surgical hand preparation technique using alcohol based hand rub (ABHR) - step by step images

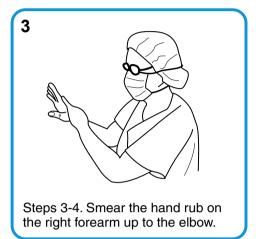
- The hand rubbing technique for surgical hand preparation must be performed on clean, dry hands.
- Surgical scrubbing should not be combined with surgical hand rubbing in sequence.
- After the operation when removing gloves, hands must be rubbed with an alcohol-based formulation or washed with soap and water if any residual talc or biological fluids are present (e.g. the glove is punctured).
- Surgical procedures may be carried out one after the other without the need for hand washing, provided that the hand rubbing technique for surgical hand preparation is followed (images 1 to 15).

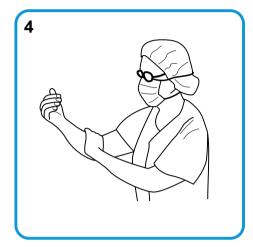


Put approximately 5ml (3 doses) of alcohol-based hand rub in the palm of your left hand, using the elbow of your other arm to operate the dispenser.



Dip the fingertips of your right hand in the hand rub to decontaminate under the nails (5 seconds).





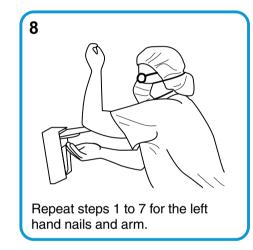


Steps 5-7. Ensure that the whole skin area is covered by using circular movements around the forearm until the hand rub has fully evaporated (10-15 seconds).



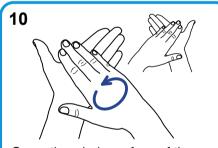




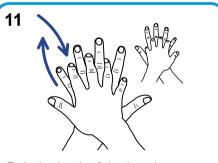




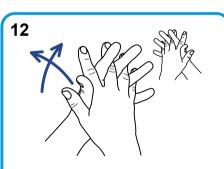
Put approximately 5ml (3 doses) of alcohol- based handrub in the palm of your left hand, using the elbow of your other arm to operate the distributor. Rub both hands in the same time up to the wrists, and ensure that all the steps presented in steps 9-14 are followed.



Cover the whole surface of the hands up to the wrist with alcohol-based hand rub, rubbing palm against palm with a rotating movement.



Rub the back of the hands up to the wrist with alcohol-based handrub, rubbing palm against palm with a rotating movement.



Rub the back of the left hand, including the wrist, moving the right palm back and forth and vice-versa.



