

At commencement of theatre list or if hands are visibly soiled, wash hands, forearms and nails using Endure 120 Non-medicated hand soap in accordance with ACORN guidelines. Remove debris from underneath the fingernails using a nail pick under running water. Hands must be thoroughly dry before commencing the surgical hand rub.



Surgical Rub Technique

TECHNIQUE MUST BE CARRIED OUT ON CLEAN, DRY HANDS

Ensure hands and wrists remain moist for 90 seconds - Re-apply product at any point if hands become dry.

30 SECONDS

30 SECONDS

Step 1



Dispense 2-3 pumps of Skinman 90 and distribute over both hands and wrists.

Step 2



Dispense 3 pumps of Skinman 90 into palm of left hand. Dip fingers of right hand into Skinman 90 to decontaminate nails.

Step 3



Apply Skinman 90 to right hand and forearm up to elbow continue rubbing for 10-15 seconds. Apply additional product if coverage is incomplete.

Step 4



Dispense 3 pumps of Skinman 90 into palm of right hand.

Step 5



Dip fingers of left hand into Skinman 90 to decontaminate nails.

Step 6



Apply Skinman 90 to left hand and forearm up to elbow continue rubbing for 10-15 seconds. Apply additional product if coverage is incomplete.

60 SECONDS

60 SECONDS

Step 7



Dispense Skinman 90 into palm of hands and continue rubbing hands and wrists for 60 seconds (see Steps 8-11).

Step 8



Cover whole surface of hands including wrists, rubbing palm to palm.

Step 9



Rub over the back of each hand with fingers interlaced and rub palms back and forth.

Step 10



Clasp each thumb in the opposite hand and rotate.

Step 11



Clasp each wrist with the opposite hand and rotate.

Step 12



When hands are dry, sterile surgical clothing and gloves can be donned.

Surgical Rub Technique is to be used as follows - 30 seconds on forearms to elbows and 60 seconds on hands to wrists.

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