

Procedure #3 Surgical Hand Washing

PURPOSES

- To reduce the number of microorganisms on the hands
- To reduce the risk of transmission of microorganisms to clients
- To reduce the risk of cross contamination among clients
- To reduce the risk of transmission of infectious organisms to oneself

Equipment

- Surgical scrub items (antimicrobial soap, two brushes, and nail file)
- Surgical shoe covers (booties) and cap, face mask, sterile gown, and proper-size gloves
- Sterile towel

Action

1. Rings, watches, and bracelets should be removed prior to beginning the surgical scrub.
2. Use a deep sink with side or foot pedal to dispense antimicrobial soap and control water temperature and flow.

3. Have two surgical scrub brushes and nail file

4. Apply surgical shoe covers and cap to cover hair and ears completely.

5. Apply mask

6. Before beginning the surgical scrub:

a. Open the sterile package containing the gown; using aseptic technique, make a sterile field with the inside of the gown's wrapper.

b. Open the sterile towel, and drop it onto the center of field.



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c. Open the outer wrapper from the sterile gloves, and drop the inner package of gloves onto the sterile field beside the folded gown and towel.

7. At a deep sink with foot or knee controls turn on warm water; under flowing water, wet hands, beginning at tips of fingers, to forearms—keeping hands at level above elbows. Prewash hands and forearms to 2 inches above the elbow.



8. Apply a liberal amount of soap onto hands, and rub hands and arms to 2 inches above elbows



Using nail file under running water, clean under each nail of both hands, and drop file into sink when finished



10. Wet and apply soap to scrub brush, if needed. Open prepackaged scrub brush if available. With brush in dominant hand, using a circular motion, scrub nails and all skin areas of nondominant hand and arm (10 strokes to each of the following areas):

a. Nails

b. Palm of hand and anterior side of fingers

11. Rinse brush thoroughly, and reapply soap.

12. Continue with scrub of nondominant arm with a circular motion for 10 strokes each to the lower, middle, and upper arm; drop brush into the sink.



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13. Maintaining the hands and arms above elbow level, place the fingertips under running water, and thoroughly rinse the fingers, hands, and arms (allow the water to run off elbows into the sink); take care not to get uniform wet.



14. Take the second scrub brush and repeat actions 10–13 on dominant hand and arm.
15. Keep arms flexed and proceed to area (operating or procedure room) with sterile items



16. Secure sterile towel by grasping it on one edge, opening the towel, full length, making sure it does not touch uniform.

17. Dry each hand and arm separately; extend one side of the towel around fingers and hand, and dry in a rotating motion up to the elbow



18. Reverse the towel and repeat the same action on the other hand and arm, thoroughly drying the skin.

19. Discard the towel into a linen hamper.