

5.5.2024  
World Hand  
Hygiene Day

# Surgical hand disinfection

## HOW?



### Wash hands:

On the day of surgery or if visible dirty, at least 10 minutes before surgical hand disinfection.



### Hand disinfectant:

Into your dry cupped hand (trigger the dispenser with your elbow).



### Application time:

1.5 minutes\*.



### Process:

Wet hands and forearms.

- Rub your hands for 10 seconds
- Rub your forearms for 10 seconds
- Carefully rub your hands with special attention to fingertips and thumbs for 70 seconds

Please ensure that your hands and forearms are kept wet during the exposure time of 90 seconds, if necessary repeat applying hand disinfectant several times.

Please observe internal hygiene regulations.



### Surgical gloves:

Before putting on, the hands must be air-dry.

\* depends on product

References:

Kramer A, Hübner NO, Below H, Heidecke CD, Assadian O (2008) Improving adherence to surgical hand preparation. J Hosp Infect 70 (Suppl1):35-43

KRINKO (2016) Bundesgesundheitsbl 59:1189-1220.

## WHEN?

- **BEFORE** direct contact with the operating area and sterile medical devices or materials
- **BEFORE** other interventions with the same asepsis requirements

