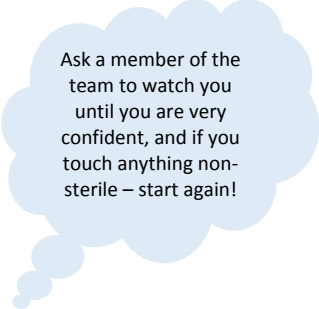


Gather equipment

- Gather equipment
 - Surgical mask (with visor if splash-back possible) – put this on now (you should already have a surgical hat on)
 - Sterile gown pack (contains 2 towels and a gown)
 - Sterile gloves (+ extra pair to wear on top if needed for cleaning) – size 7 = medium
 - Sterile sponge (with nail pick inside)
- Prepare equipment
 - Open outer packaging of gown pack and drop pack onto clean surface
 - Open the sterile inner packaging of gown pack (touching only the corners of the packet) over a surface to create a sterile field – you can fold part of the edge of the sterile packaging over the edge of the surface closest to you
 - Open the outer packaging of the gloves and drop them into the centre sterile field (the outer parts are not sterile)
- Open the sponge packet and leave inside its container by sink
- From now on keep your hands elevated above your elbows

A light blue thought bubble with a tail pointing towards the bottom left.

Ask a member of the team to watch you until you are very confident, and if you touch anything non-sterile – start again!

Surgical scrub procedure

- 1. Wash your hands and forearms (1 minute)**
 - Turn taps on
 - Rinse hands and forearms
 - Apply 3 doses of scrub solution to hands
 - Wash hands and forearms for 1 minute
 - Rinse off scrub solution
- 2. Clean your nails (1 minute)**
 - Apply scrub solution to hands and forearms
 - Use nail pick to clean each nail in turn (rinse pick after each nail)
 - Rinse hands and forearm
 - Apply scrub solution and water to brush
 - Scrub nails
 - Rinse off scrub solution
- 3. Wash hands and forearms again (3 minutes)**
 - Apply 3 doses of scrub solution to hands
 - Wash hands very thoroughly and then down to forearms (but not down as far as the first wash)
 - Rinse off scrub solution
- 4. Turn off the taps using your elbows**
- 5. Dry arms**
 - Use a separate sterile towel for each arm (from scrub gown pack)
 - Start at fingers and work down to elbows, balloting your skin to dry it, then discard towel
- 6. Apply gown**
 - Grab the gown with your hands (it is inside out so you won't compromise the sterility)
 - Place hands in sleeve pockets on either side of gown
 - Step backward into space and raise your arms so the gown falls open in the air
 - Slide your arms into the sleeves (but ensure your fingers remain just inside the cuffs)
 - Hold your arms up in the air
 - Ask a colleague to tie up the back of the gown
 - *Be very careful not to allow the gown to touch anything, especially surfaces when putting gloves on!*
- 7. Apply gloves**
 - *Without standing too close to the surface...*
 - Open the sterile inner packaging of the gloves using the cuffs of your gown
 - Using your right hand (inside the gown cuff), place left glove over your left cuff with your left palm facing upwards (with the glove's thumb on the correct side but the fingers pointing up your arm)
 - Open your left hand into the glove while pulling it over your hand, leaving the cuff around your wrist (inside the glove)
 - Repeat on other side
 - Apply extra pair of gloves on top if needed
- 8. Securing the gown**
 - Hand the card attached to the long tie of the gown to a colleague
 - Ask them to hold it while you turn around 360°
 - Pull the strap away from the card they are holding so it detaches
 - Tie the strap to the other strap in a bow to secure the gown

After you are scrubbed, you must keep your hands above your elbows and close to your gown at all times or in the sterile surgical field around the patient