



Hand Hygiene

Your Hands

Cleansing, Disinfection And Care



The Hand And Skin Care Products Of B. Braun

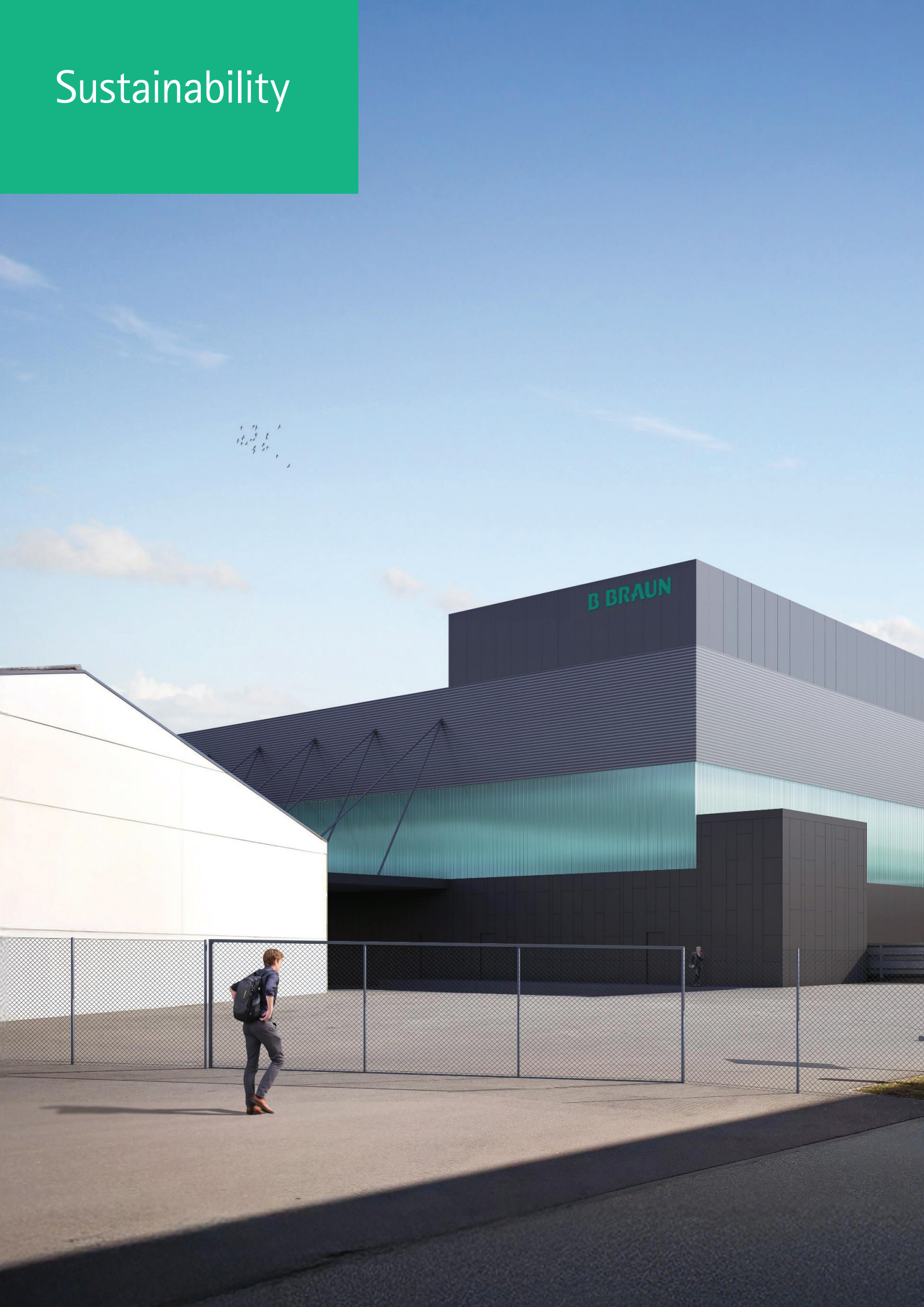
Over a period of 50 years, B. Braun has developed and implemented a simple and convincing concept for professional hand hygiene. Mutually compatible products guarantee a particularly high level of skin tolerance.

	Our Concept	Your Benefit
Skin Tolerance	Potential risk factors are eliminated in the development stage of each product by applying the principle: "avoidance through prevention."	Good tolerability of the mutually compatible products.
Long-term Use	Hand disinfections with high effectiveness against bacteria, fungi and viruses. The products' effectiveness is based on a combination of alcohols, while avoiding other non volatile ingredients, which can cause skin problems.	A high-level of user safety even with long-term use because alcohols have been thoroughly researched from a toxicological and allergenic perspective.
Low Allergenic	Fragrances are largely avoided. If they are used, then these substances and mixtures are carefully chosen for their low allergenic potential. Preservatives are necessary, especially when cleansing and skin care products are supplied from dispensing systems. However, B. Braun only uses preservatives proven to have an especially low allergenic potential. As a rule, our products do not use colouring agents.	High product acceptance with low risk of sensitivity and allergic reactions with long-term use.
Product Quality	B. Braun has a sophisticated quality assurance system, from the procurement of raw materials to shipping of the finished product. All products are made in Switzerland	Consistently high, standardised product quality.

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Sustainability

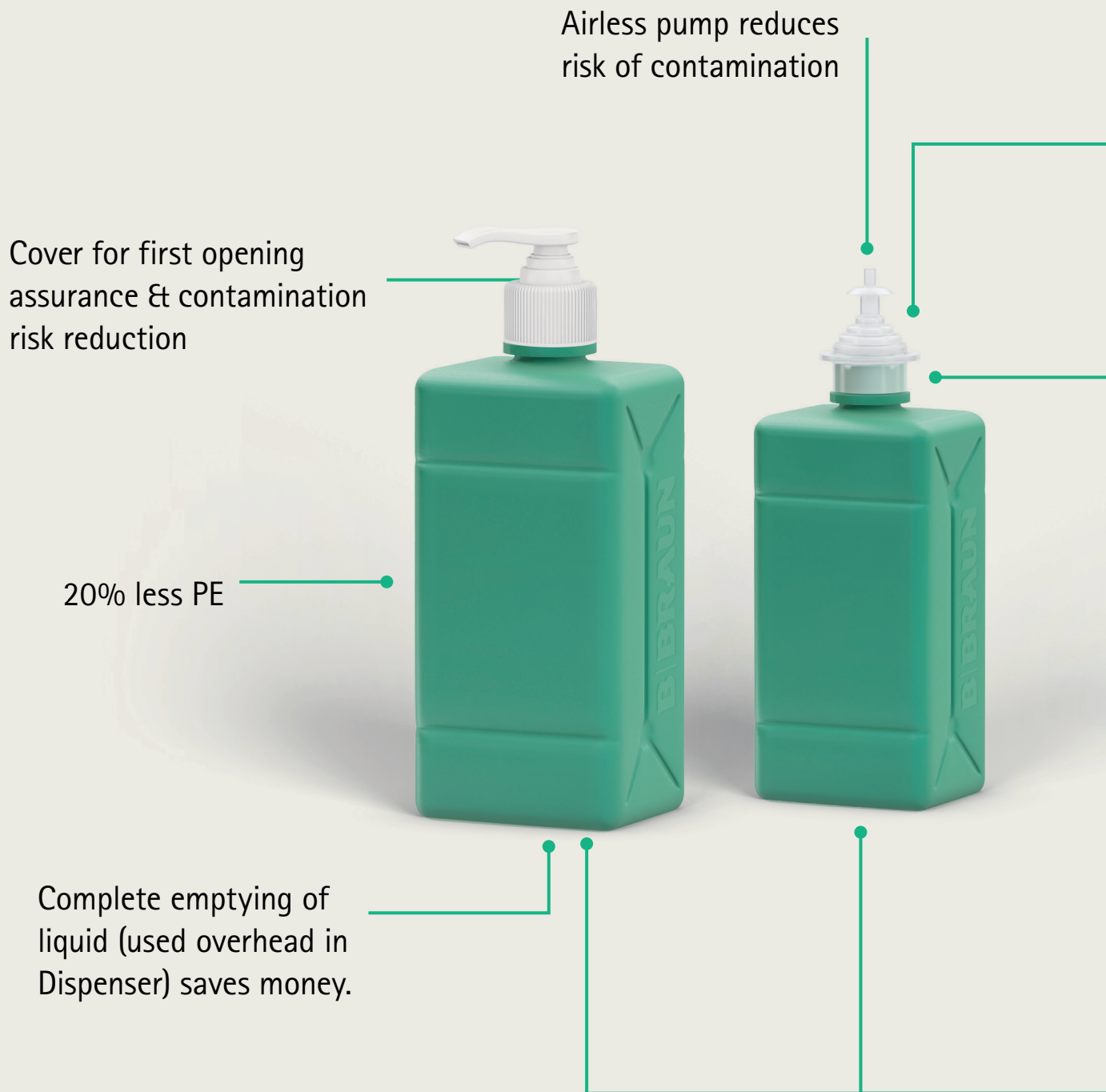




Sustainability from the depths

All our hand hygiene portfolio is produced in our completely rebuilt production facility in Switzerland.

Since 2024, N.I.C.O. (New Infection Control Operations), a new plant to double the production capacity in disinfection, has been under construction there. The heat supply for production and the building of the new factory is expected to be CO₂-neutral thanks to a sustainable energy generation concept.



Uniquely designed foldable bottles

All metal has been removed allowing bottles to be fully recyclable benefiting both the environment and the hospital.

The foldable bottle design means waste volume is dramatically reduced compared to traditional bottle systems by up to 85%.

Airless, 'Vacuum' style, single use pump reduces risk of contamination to a minimum and ensures complete emptying of liquid from the bottle when in use.

SOFTA-MAN™ Range

One product, all indications

Fully recyclable metal
free pump

Directly mounted no
manipulation possible

Free from micro plastics,
silicones & paraffin

100% Polyethylene (PE)
and fully recyclable

Collapsible bottle
system reduces waste
volume up to 80%

Registered to EN12791 EN1500



Picea™ Wooden Tube

Renewing raw material



Over 95% of the materials used in the PICEA™ wooden tube come from renewable raw materials

The proportion of spruce wood is 10%, the proportion based on sugar is 85%. The processed spruce wood comes from certified forests in the EU. The wood comes from sawdust made by German carpenters.

The PICEA™ wooden tube offers the same qualitative characteristics in terms of barrier properties, decoration, food suitability and recyclability.

Hand Hygiene

Why?

- Thousands of people die every day around the world from infections acquired while receiving health care.
- Hands are the main pathways of germ transmission during health care.
- Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent health care-associated infections.

Who?

- Any health-care worker, caregiver or person involved in direct or indirect patient care needs to be concerned about hand hygiene and should be able to perform it correctly and at the right time.

How?

- Clean your hands by rubbing them with an alcohol-based formulation. This is the preferred mean for routine hygienic hand antisepsis if hands are not visibly soiled. It is faster, more effective, and better tolerated by your hands than washing with soap and water.
- Wash your hands with soap and water when hands are visibly dirty or visibly soiled with blood or other body fluids as well as after using the toilet.
- If exposure to potential spore-forming pathogens is strongly suspected or proven, including outbreaks of *Clostridium difficile*, hand washing with soap and water is the preferred means.



See more educational content at the end of the brochure to find more information about when and how to perform hand hygiene.

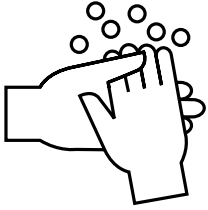
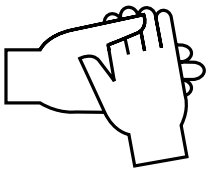
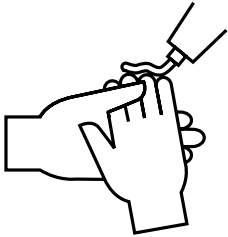
B. Braun engages collaboration with the World Health Organisation.

B. Braun is founding member of the Private Organisation for Patient Safety (POPS) of the World Health organisation (WHO). The goal is to achieve a reduction in health-care associated infections through improvements in hand hygiene, based on the overall aim of the WHO Clean Care is Safer Care Programme.



**Private
Organizations
for Patient
Safety**

Skin Protection Plan

What? Activity	How? Performance	With? Solution	When? Frequency?
<p>Hand Washing</p> 	<p>Apply washing lotion to damp hands, lather and rinse thoroughly with water. Dry with disposable towels</p>	<p>SOFTASKIN™ Pure</p>	<p>Before starting work, after the toilet, when hands are visibly soiled, after work.</p>
<p>Hand Disinfection</p> 	<p>Apply a palmful (approx 3-5ml) in a cupped hand, enough to cover all hand surfaces. Rub until dry (refer to IFU)</p>	<p>SOFTA-MAN™ SOFTA-MAN™ ViscoRub</p>	<p>5 Moments for Hand Hygiene</p>
<p>Skin/Hand Care</p> 	<p>Massage skin/hand cream into dry hands.</p>	<p>Trixo-lind</p>	<p>Before longer breaks, after work.</p>

Hand Hygiene Products At A Glance

	SOFTA-MAN™ Hand sanitiser	SOFTA-MAN™ ViscoRub	SOFTASKIN™ Pure	Trixo-lind
Therapeutic Indications				
Hand Disinfection	•	•		
Hand/Skin Cleansing			•	
Hand/Skin Care				•
Personal Hygiene			•	
Personal Care				•
Free of Colourants	•	•	•	•
Free of Perfume		•	•	
Dry, sensitive Skin	•	•	•	•
Normal Skin				
Efficacy				
Bacteriacidal (incl. MRSA)	•	•		
Levurocidal (C. albicans)	•	•		
Tuberculocidal (M. terrae)	•	•		
Enveloped viruses (incl. HBV, HCV, HIV) 1	•	•		
Adenovirus				
Rotavirus	•	•		
Norovirus (MNV))		•		
Poliovirus				
Ingredients				
Actives:				
Ethanol	•	•		
1-Propanol	•	•		
Excipients:				
Skin Care Compounds	•	•	•	•
Moisturisers	•	•	•	•
Emollients	•	•	•	•
Application				
Hygienic hand disinfection EN 1500	15 s	30 s		
Surgical hand disinfection EN 12791	60 s	90 s		

1) According RKI-List (Domaine B)

Hand Cleansing



SOFTASKIN™ Pure Wash Lotion

mild perfume-free wash lotion for extremely sensitive skin

Properties:

- Washlotion with skin neutral PH
- For extremely sensitive skin
- Free of microplastic and parabens
- Contains high quality skin care components
- biodegradable
- Free of alkali, soap and colourants
- Allergy and dermatologically tested
- Fragrance free



Indication:

Suitable for extremely sensitive skin, even for children or elderly people

- For hand washing in all medical facilities
- For preoperative hand washing before using a surgical hand scrub
- For washing patients before surgical interventions or for incontinent patients
- Ideal as shower gel or baths

Product	REF
500 ml collapsible bottle with pump	180208
1000 ml bottle with flip cap	180210
1000 ml airless bottle	180211
1000 ml collapsible bottle with pump	180212

Application

- Use approx. 3ml SOFTASKIN™ Pure for handwashing.
- To wash patient or children, distribute approx. 3-5ml SOFTASKIN™ on a damp sponge or washcloth, wash patient and rinse with lukewarm water.
- For full body baths, pour 20 ml SOFTASKIN™ Pure into the tube before filling with water

SOFTASKIN™ Pure – ingredients

Aqua, sodium laureth sulfate, cocamidopropyl betaine, PEG-7 Glycerly cocoate, PEG-120, Methyl Glucose Dioleate, Sodium lactate, Sodium Chloride, Sodium benzoate

Hand Disinfection



SOFTA-MAN™ Range

SOFTA-MAN™ and SOFTA-MAN™ ViscoRub

Ready To Use Alcohol Solution

A carefully balanced blend of alcohols at optimised concentrations, designed with skin compatibility in mind.

The SOFTA-MAN™ range has a unique 79.5% concentration dual alcohol (Ethanol 57% v/v; n-Propanol 22.5% v/v) combination as active ingredients.

N-propanol has a good bactericidal, tuberculocidal, fungicidal efficiency whereas Ethanol is more effective against non-enveloped viruses.



Hygienic hand disinfection
EN 1500



Surgical hand disinfection
EN 12791



Norovirus
EN 14476

Outperforms with zero Chlorhexidine¹!

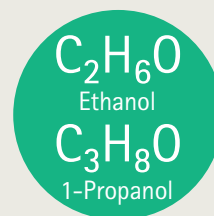
Colourant
Free



Hypoallergenic
Fragrance



Active
Ingredient



High-quality Dermoprotectors



Allantoin

Renews superficially damaged areas of the skin makes stressed skin smooth and supple again has a calming effect and strengthens



Bisabolol

Active ingredient is chamomile anti-inflammatory, disinfectant/antibacterial protects sensitive skin



Panthenol

Dex-Panthenol (Provitamin B5) promotes healing and protects and calms irritated skin

SOFTA-MAN™ Hand Sanitiser

Ready To Use Hand Disinfectant For Sensitive Skin

Properties:

- Combination of ethanol and 1-propanol as active ingredients
- Free of colourants enriched with high-quality dermoprotectors such as panthenol, bisabolol and allantoin
- Promotes the healing of stressed skin gives supple hands
- Use of hypoallergenic perfumes
- Dermatologically tested

Efficacy (in vitro tests):

Bacteria (incl. TbB, MRSA)

Yeast

Enveloped viruses (incl. HBV, HCV, HIV)

Rotavirus

Listing:

DGHM¹/VAH², RKI³ (category A)/IHO List of virucidal products⁴

Application time:

- Hygienic hand disinfection: 15 seconds
- Surgical hand disinfection: 60 seconds



Product	REF
500 ml bottle with pump	19700
1000 ml bottle with flip cap	19843
1000 ml airless bottle	180121

SOFTA-MAN™ /Softalind Hand Sanitiser – ingredients

100 ml solution contains active ingredients: 45 g ethanol (100%), 18 g 1-propanol;

Other excipients: Purified water, diisopropyl adipate, PEG-6 caprylic/capric glycerides, dexpanthenol, bisabolol, fragrance (contains limonene, linalool), allantoin.

1) DGHM = German Society for Hygiene and Microbiology, 2) VAH = Association for Applied Hygiene, 3) RKI = Robert Koch-Institute

4) IHO = German Association of Hygiene and Surface Protection Industries

SOFTA-MAN™ ViscoRub

Hand Disinfectant For Sensitive Skin With Gel-Like Consistency

Properties:

- For hygienic and surgical hand disinfection
- Combination of alcohols as active ingredients with unique consistency which is as effective as a liquid rub
- Free of perfume and colourants
- Excellent skin tolerability

Efficacy (in vitro tests):

Bacteria (incl. TbB, MRSA)

Yeast

Enveloped viruses (incl. HBV, HCV, HIV)

Rotavirus, Norovirus¹

Listing:

DGHM²/VAH³/IHO List of virucidal products⁵

Application time:

- Hygienic hand disinfection: 30 seconds
- Surgical hand disinfection: 90 seconds



Product	REF
100 ml bottle with flip cap	180158
500 ml bottle with pump	180160
1000 ml bottle with flip cap	180161
1000 ml bottle with pump	180162
1000 ml airless bottle	180126

SOFTA-MAN™ ViscoRub/Softalind ViscoRub – ingredients

100 ml solution contains active ingredients: 45 g ethanol (100%), 18 g 1-propanol (Ph. Eue.);

Other excipients: Purified water, 2-butanone, glycerin, isopropyl myristate (cetearyl ethylhexanoate), Tetrahydroxypropyl ether lenediamine, acrylates?C10-30 alkyl acrylate crosspolymer, octyldodecanol, bisabolol.

Skincare



Trixo-lind

Hand and Skin care Lotion for normal and sensitive skin

Properties:

- Coconut oil moisturises & creates a protective layer
- Lipid replenisher strengthens the natural protective mantle & protects the skin from dryness
- Bisabolol softens & soothes the skin
- Gently perfumed
- Excellent dermatological test results

Sensitive Skin or Risk Areas

Trixo-lind is particularly suitable for

- After washing hands
- After wearing gloves, especially after completion of the surgical program
- After exposure to severe conditions
- When hands feel dry and dehydrated
- To moisturise the entire body after showering or bathing, especially if you have dry skin

Application

Trixo-lind is best applied on the back of the hand and rub against the back of the other hand.

As the skin on the top of the hands is much thinner and has fewer sebaceous glands, it dries out very quickly and needs the most moisture. Then spread the cream on the entire surface of your hands.

If your hands are very dry or irritated, you should apply Trixo-lind thickly before going to bed and put on cotton gloves. The gloves protect the hands against loss of moisture and allow the lotion to penetrate deep into the skin.

Trixo-lind – ingredients

Aqua, Cocos Nucifera Oil, Ethylhexyl Stearate, Cetearyl Ethylhexanoate, Sorbitol, Glycerin, Polyglyceryl-3 Dicitrate / Stearate, Ceterayl Alcohol, Sodium Stearoyl Glutamate, Xanthan Gum, Gellean Gum, Bisabolol, Zitronensäure, Sodium Benzoate, Isopropyl Myristate, Parfum, Limonene, Linalool, Citronellol, Hexyl Cinnamal, Benzyl Salicylate



Product	REF
Trixo-lind 100 ml wooden tube	180276
Trixo-lind 500 ml pump bottle	180278

Dispensers and accessories



Dispenser systems

Automatic dispenser

Properties

- Touch free operation avoids risk of cross contamination
- Adjustable dosing volumes (0.6 ml, 1.5 ml and 3.0 ml) – the dosage is preset to 1.5 ml
- Cleaning/Maintenance mode
- Easy battery change – no tools or dismantling of the dispenser necessary
- Low battery level warning (optical signal)
- Suitable for all types of product – liquid, gel and moisturisers in 500 ml or 1000 ml bottles
- Interfaces for consumption monitoring and door control (opening) in place
- No change of pump or reprocessing necessary
- Collapsible bottle system reduces waste volume up to 80%
- Suitable for all airless bottles



Product	REF
Dispenser automatic set (1.5) to fit 500ml and 1000 ml bottles	3908493



Collapsible bottle

Properties

- Ensures complete emptying of liquid
- Reduces waste volume up to 80%

Pump

Properties

- Direct mounted on each bottle no manipulation possible
- Empties bottles without air exchange minimise risk of microbiological contamination
- No metal, completely recyclable
- Material: HDPE, LDPE and PP

Manual dispenser

Properties

- Modular system with drip tray, lever, back plate
- For 500 ml and 1000 ml bottles
- Easy to clean – dishwasher proof (up to 60 °C)
- Lockable
- Easy to install
- Includes bottle change indicator
- Customisable – label it – change colour... your choice!
- Adjustable dosing volume (0.6 ml, 1.5 ml, 3.0 ml)
- Airless system with unique collapsible bottles
- Ready for a smart upgrade (consumption monitoring tool)

Materials used

- Dispenser cover: ABS/SAN
- Drip tray: ABS
- Lever: stainless steel
- Back plate: ABS



Product	REF
Dispenser bundle with arm lever	3908480
includes manual dispenser 500/ 1000 ml, arm lever, drip tray, universal back plate	

Wall dispenser plus

Wall dispenser plus with plastic pump

Properties

- Matte-silver anodised aluminium housing
- Adjustable dosing from 0.5 ml to 1.5 ml
- Plastic pump is compatible with B. Braun alcohol hand rubs, hand washing lotions and hand care lotions
- All parts can be reprocessed in a washer disinfectant with a pH-neutral cleaner and autoclaved at 134 °C and 3 bar
- Plastic pump is not autoclavable!

Dimensions

1000 ml

Short lever: W 92 x H 290 x D 160 mm

Long lever: W 92 x H 290 x D 215 mm



Product	REF
Long lever (visible lever arm length: 170 mm)	
For 500 ml flip cap bottle	1418894
For 1000 ml flip cap bottle	1418895

Warranty is void if other than B. Braun products are used.

Touchless Dispenser

Properties

- Sensor operated dispenser improves hygienic safety
- Autoclavable pump (max. 123 °C)
- Scratch resistant casing made of anodised aluminium
- Battery operated
- With emergency operating lever
- Adjustable dosing 0.75 – 1.5 ml



Product	REF
For 1000 ml flip cap bottle	3908393

Warranty is void if other than B. Braun products are used.

Mobile Disinfection Stand

Properties

- Polished stainless steel
- Compatible for various back plates
- Dimensions: 350 x 350 x 1400 mm
- Disinfection point includes B. Braun logo
- For manual dispenser 3908480 (compatible with 500ml and 1000ml airless bottles).




Product	REF
Disinfection point	3908474

Brackets

Wall bracket

Properties

- Made of stainless steel
- Double-sided adhesive pad allows convenient fixation



Product	REF
For 500 ml bottle	3908339
For 1000 ml bottle	3908340

Bed/Trolley Wire Bracket

Properties

- Wire dispenser for beds



Product	REF
For 500 ml bottle	1416337

Wall bracket

Properties

- For 500 ml and 1000 ml bottles
- White powder coated



Product	REF
For 500 ml bottle	3908331
For 1000 ml bottle	3908332

Bed bracket

Properties

- Made of stainless steel
- To hang bottle on beds and trolleys



Product	REF
For 500 ml bottle	3908342

Dispenser – accessories

Single use plastic pump

Properties

- Single use plastic pump for all B. Braun hand sanitisers, liquid soaps and skin care lotions
- Dosage: 1.5 ml
- Packaged in sealed pouch
- Reprocessing and autoclaving not possible
- Compatible with wall dispenser plus and touchless dispensers.



Product	REF
For 1000 ml flip cap bottle	4401858

Warranty is void if other than B. Braun products are used.

Hand pump with reflux valve

Properties

- For 500 ml and 1000 ml bottles
- Round head
- Reflux valve
- Single use
- Dosage approx. 2 ml
- No measuring device



Product	REF
For 500 ml flip cap bottle	3908380
For 1000 ml flip cap bottle	3908381

Clips

Jojo clip

Properties

- To make hand rubs accessible at the point of care
- Return spring is specially adjusted to the weight of a 100 ml bottle



Product	REF
Retractable belt clip for 100 ml bottle	3908409

Health Care Associated Infections (HAI) challenge health care settings all over the world. Hygiene plans, hand hygiene programs, trainings, quality systems as well as compliance monitoring etc. show only a part of their responsibilities.

On the following pages you find some educational material for hand hygiene. B. Braun is dedicated to knowledge dissemination and interdisciplinary dialogue in line with international standards as well as best practices to ensure patient safety.

WHO Guidelines on Hand Hygiene in Health Care

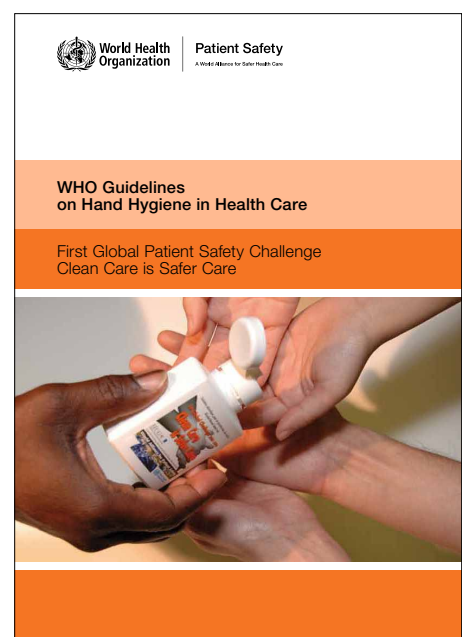
WHO's global annual call to action for health workers

Each year on the 5th of May the SAVE LIVES: Clean Your Hands campaign aims to progress the goal of maintaining a global profile on the importance of hand hygiene in health care and to "bring people together" in support of hand hygiene improvement globally.



First Global Patient Safety Challenge Clean Care is Safer Care

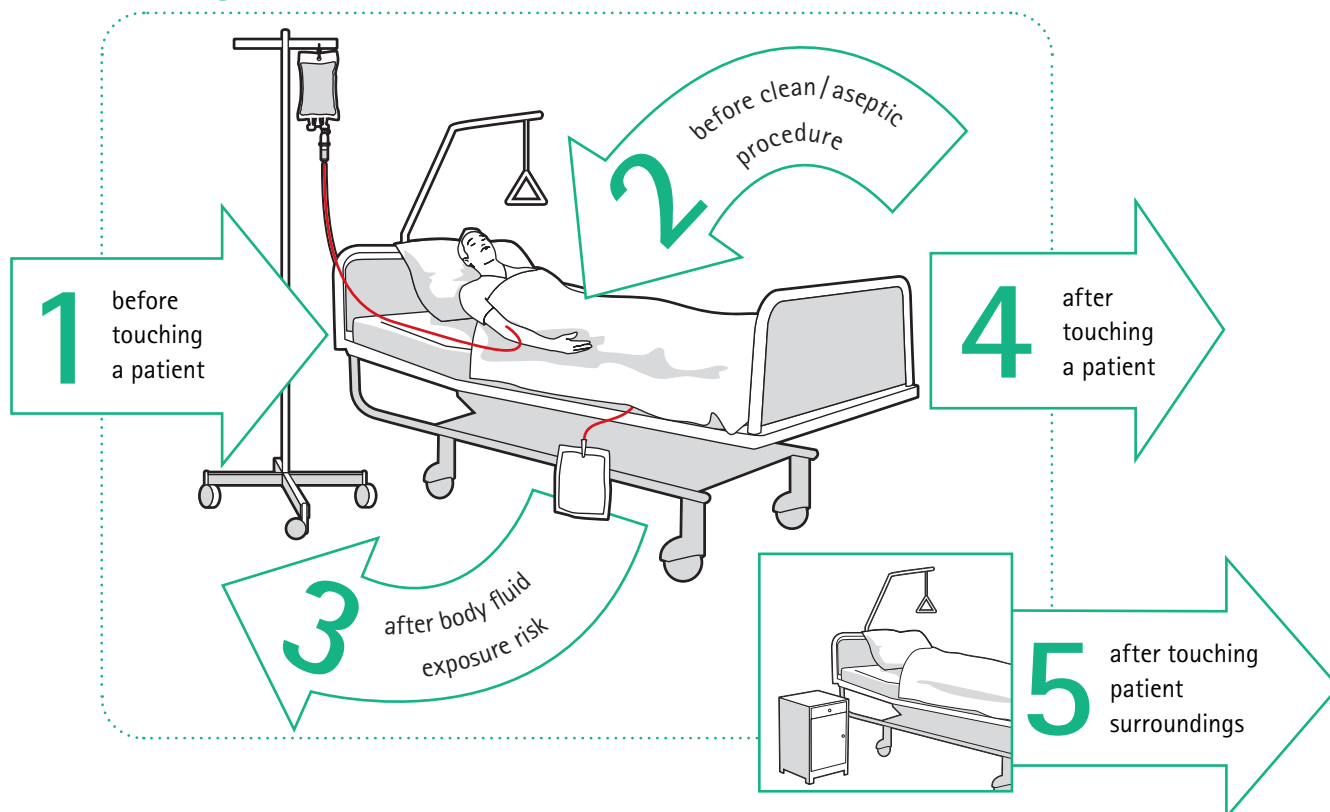
A new approach to strengthen national and international capacity, improve practices and change behaviour, to achieve safer, high quality patient care. This work is now being led by a new Infection Prevention and Control Global Unit at WHO.



Your 5 Moments For Hand Hygiene

Clean hands are safer hands. Are yours clean?

When?



1	before touching a patient	WHEN?	Clean your hands before touching a patient when approaching him/her.
		WHY?	To protect the patient against harmful germs carried on your hands.
2	before clean/aseptic procedure	WHEN?	Clean your hands immediately before performing a clean/aseptic procedure.
		WHY?	To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3	after body fluid exposure risk	WHEN?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal).
		WHY?	To protect yourself and the health-care environment from harmful patient germs.
4	after touching a patient	WHEN?	Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.
		WHY?	To protect yourself and the health-care environment from harmful patient germs.
5	after touching patient surroundings	WHEN?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched.
		WHY?	To protect yourself and the health-care environment from harmful patient germs.

Based on the "My 5 moments for Hand Hygiene"

www.who.int/gpsc/5may/background/5moments/en/index.html

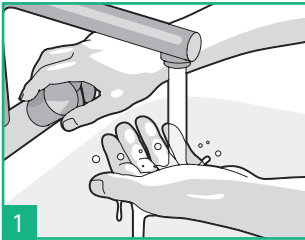
©World Health Organization 2009. All rights reserved.

How To Handwash?

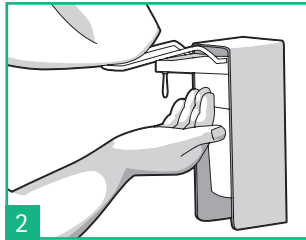
Technique when using a wash lotion

Wash hands when visibly soiled! Otherwise, use handrub.

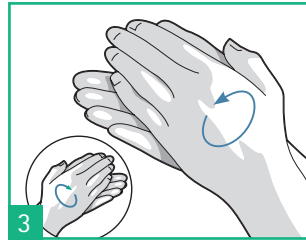
Duration of the entire procedure: 40 – 60 seconds



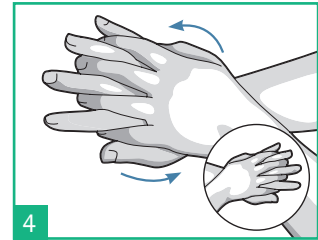
1 Wet hands with water



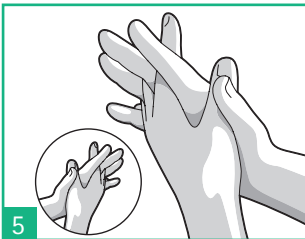
2 Apply enough soap to cover all hand surfaces



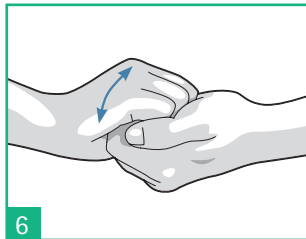
3 Rub hands palm to palm



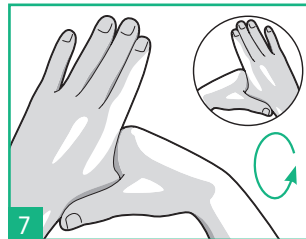
4 Right palm over left dorsum with interlaced fingers and vice versa



5 Palm to palm with fingers interlaced



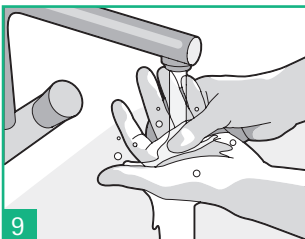
6 Backs of fingers to opposing palms with fingers interlocked



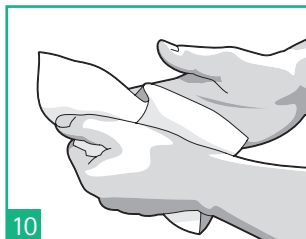
7 Rotational rubbing of left thumb clasped in right palm and vice versa



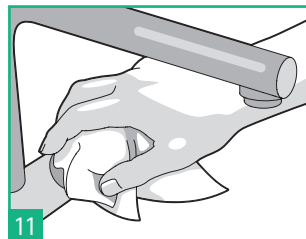
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



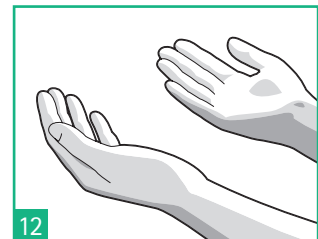
9 Rinse hands with water



10 Dry hands thoroughly with a single use towel



11 Use towel to turn off faucet



12 Your hands are now safe

Hand Care

- Take care of your hands by regularly using a protective hand cream or lotion, at least daily.
- Do not routinely wash hands with soap and water immediately before or after using an alcohol-based handrub.
- Do not use hot water to rinse your hands.
- After handrubbing or handwashing, let your hands dry completely before putting on gloves.

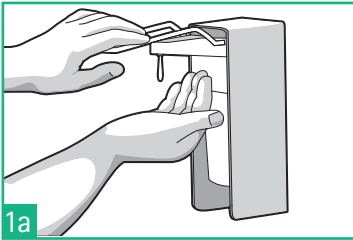
Please Remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.

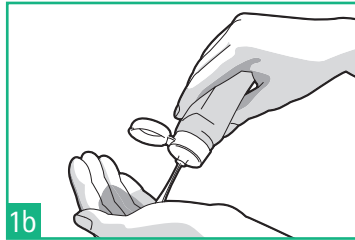
How To Handrub?

Technique with an alcohol-based handrub formulation

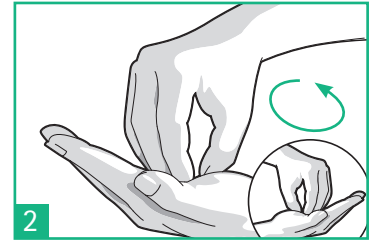
Rub hands for hand hygiene! Wash hands instead when visibly soiled.
Duration of the entire procedure: 30 seconds



1a Apply a palmful of the product in a cupped hand, enough to cover all hand surfaces



1b



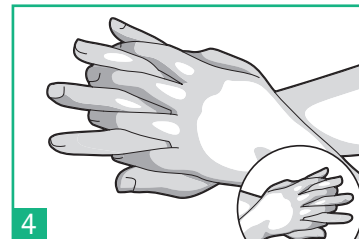
2

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



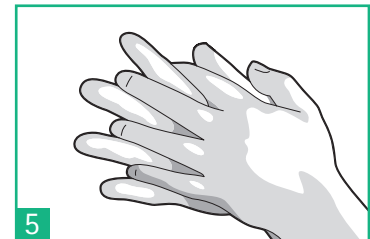
3

Rub hands palm to palm



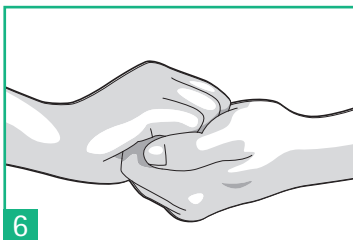
4

Right palm over left dorsum with interlaced fingers and vice versa



5

Palm to palm with fingers interlaced



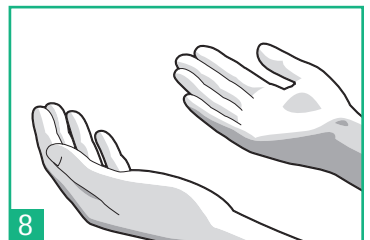
6

Backs of fingers to opposing palms with fingers interlocked



7

Rotational rubbing of left thumb clasped in right palm and vice versa



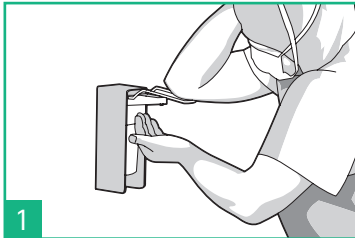
8

Once dry, your hands are safe

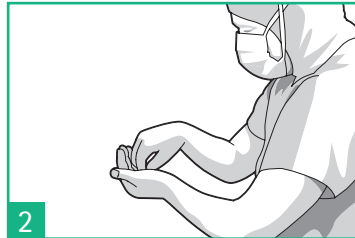
Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? *Infection Control & Hospital Epidemiology*, 38(2), 230-233. doi:10.1017/ice.2016.241

Surgical Hand Preparation

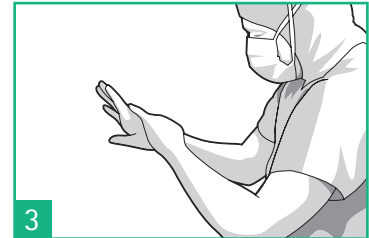
Technique with an alcohol-based handrub formulation



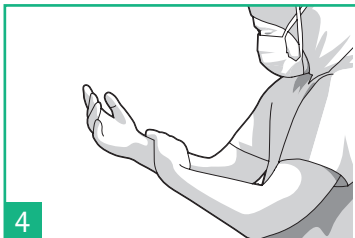
Put approx. 5 ml (3 doses) of alcohol-based handrub in the palm of your left hand, using the elbow of your other arm to operate the dispenser.



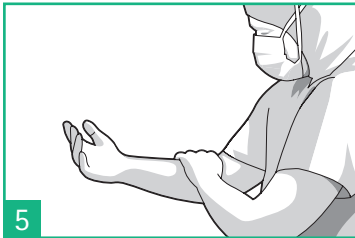
Dip the fingertips of your right hand in the handrub to decontaminate under the nails (5 sec).



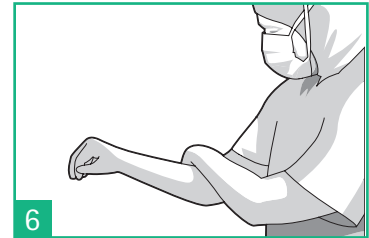
Images 3–7: Smear the handrub on the right forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10–15 sec).



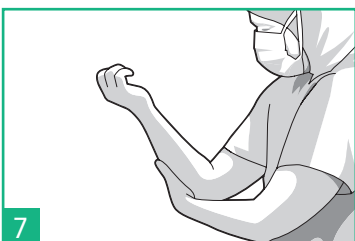
See legend for image 3.



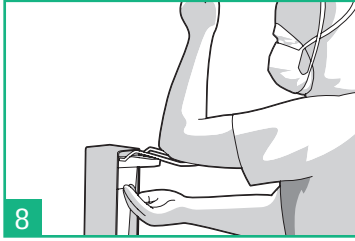
See legend for image 3.



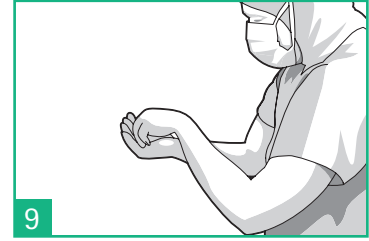
See legend for image 3.



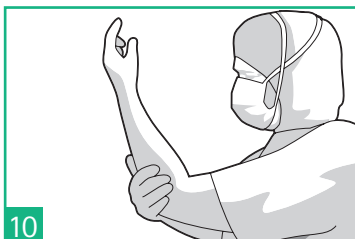
See legend for image 3.



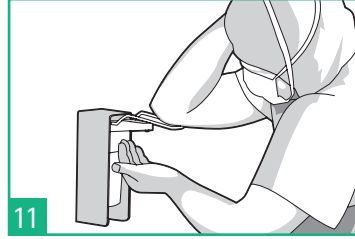
Put approx. 5 ml (3 doses) of alcohol-based handrub in the palm of your right hand, using the elbow of your other arm to operate the dispenser.



Dip the fingertips of your left hand in the handrub to decontaminate under the nails (5 sec).

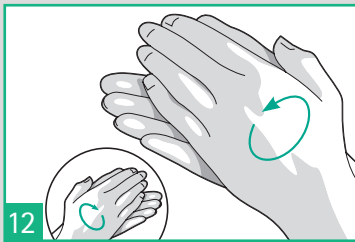


Smear the handrub on the left forearm up to the elbow. Ensure that the whole skin area is covered by using circular movements around the forearm until the handrub has fully evaporated (10–15 sec).

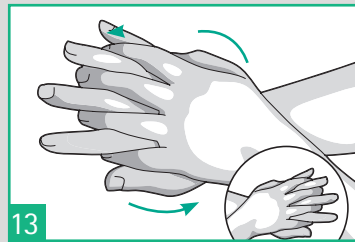


Put approx. 5 ml (3 doses) of alcohol-based handrub in the palm of your left hand, using the elbow of your other arm to operate the distributor. Rub both hands at the same time up to the wrists and ensure that all the steps represented in images 12–17 are followed (20–30 sec).

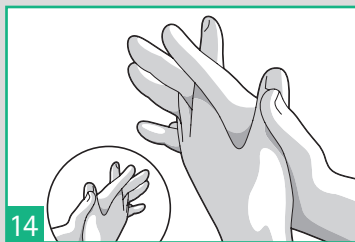
Repeat the below-illustrated sequence (average duration, 60 sec) according to the number of times corresponding to the total duration recommended by the manufacturer for surgical hand preparation with an alcohol-based handrub.



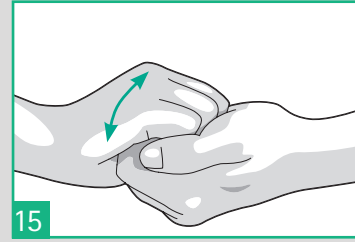
Cover the whole surface of the hands up to the wrist with alcohol-based handrub, rubbing palm against palm with a rotating movement.



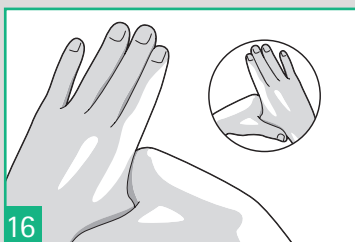
Rub the back of the left hand, including the wrist, moving the right palm back and forth and vice versa.



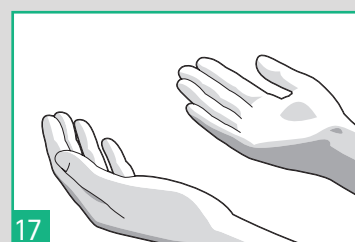
Rub palm against palm, back and forth with fingers interlinked.



Rub the back of the fingers by holding them in the palm of the other hand with a sideways back and forth movement.



Rub the thumb of the left hand by rotating it in the clasped palm of the right hand and vice versa.



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

The handrubbing technique for surgical hand preparation must be performed on perfectly clean, dry hands. On arrival in the operating theatre and after having donned theatre clothing (cap/hat/bonnet and mask), hands must be washed with soap and water. 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 handwashing, provided that the handrubbing technique for surgical hand preparation is followed (images 1 to 17).

References

1. Hennig TJ, Werner S, Naujox K, Arndt A. Chlorhexidine is not an essential component in alcohol-based surgical hand preparation: a comparative study of two handrubs based on a modified EN 12791 test protocol. *Antimicrob Resist Infect Control*. 2017;6:96. Published 2017 Sep 13. doi:10.1186/s13756-017-0258-0
2. Boyce J. Alcohol-based hand rub is less damaging to the skin. *Infect Control Hosp Epidemiol*. Published 2000; 21 (7): 438-441
3. Jehle, K, Jarrett, N, Matthews, S: Clean and green: saving water in the operating theatre. *Ann R Coll Surg Engl* 2008; 90:22-24.

B. Braun Australia Pty Ltd | Norwest Business Park NSW, 2153 | Tel. 1800 251 705 | info.au@bbraun.com | bbraun.com.au
B. Braun New Zealand Pty Ltd | Level 8, 139 Quay Street, Auckland, 1010 | Tel. 0800 227 286 | info.nz@bbraun.com | bbraun.co.nz