

Ready to Scrub

Wear: Scrubs, ID, Cap, Shoe Covers, Mask, Eye Protection
You must have natural nails and no jewelry

Waterless Scrub

1. Wash & dry hands +/- clean nails with pick
2. Dispense scrub solution into palm
3. Scrub nails, cuticles
4. Spread excess scrub to opposite hand and arm, up to elbow
5. Repeat steps 2-4 for opposite hand and arm
6. Dispense scrub solution into palm
7. Scrub hands and fingers
8. Rub hands until dry

Water-Based Scrub (5 min, 3 min)

1. Soap up hands & arms with scrub +/- clean nails with pick
2. Wet scrub brush – start time
3. Scrub nails of one hand (30s, 15s)
4. Scrub fingers of same hand (30s, 15s)
5. Scrub palm of same hand (30s, 15s)
6. Scrub back of same hand (30s, 15s) *Repeat 3-6 for other hand*
7. Scrub wrist to 2" above elbow (30s, 30s) *Repeat for other arm*
8. Rinse



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Gowning

1. Enter OR with forearms tilted up
2. Dry hands with sterile towel if needed
3. Put gown on
4. Ask someone to tie back of the gown

Gloving

1. Insert right hand into opened glove
2. Use gloved right hand to open left glove, and insert left hand into glove
3. Put on second pair of gloves
4. Untie knot at your front, hand right end to scrub nurse, turn counter clockwise, and tie

Scrubbing Out

1. Undo front tie on gown
2. Ask someone unsterile to untie back ties
3. Remove and discard gown
4. Remove and discard gloves
5. Remove and discard mask
6. Wash hands



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FRONT

BACK



----- Can cut out and create a card for your lanyard