

PRE-CLEANING

1. Dilute instrument cleaner* in lukewarm water according to the manufacturer's instructions (usually 30 mL is diluted in 3.8 L of water).
2. Soak instruments in the open position to prevent contaminant from drying on the instruments.
3. Using a designated brush, scrub instruments in the water, keeping them below the surface to prevent splash or spray.
4. Drain sink and rinse instruments with clean tap water.
5. Inspect instruments to ensure there is no organic material residue remaining on the instruments. If residue is noted, repeat steps 2 – 5.
6. Thoroughly dry pre-cleaned instruments using a disposable paper towel.*
7. Place dry, pre-cleaned instruments in closed container labelled **dirty** for cleaning, packaging and autoclaving in the clinic or alternate facility.

*Instrument cleaner and disposable paper towels should only be used if pre-cleaning – not for cleaning. Instead, use enzymatic cleaner and lint-free towels when cleaning prior to autoclaving.



☞ 70-90% alcohol based hand rub (ABHR) is preferred over soap and water to effectively clean hands that are not visibly soiled.

☞ Moisturize your hands regularly. Hand cleaning is most effective when hands are free of cuts, cracks and abrasions.

1



BEFORE CONTACT

with client
or surroundings

2



**BEFORE
PUTTING
ON GLOVES**

or performing
an aseptic
procedure

GLOVES

3

**AFTER
REMOVING
GLOVES**

or potential
exposure to
body fluids



4



AFTER CONTACT

with client
or surroundings

Start with enough ABHR to cover all skin surfaces so hands stay wet while rubbing for at least 15 seconds

1



Apply 1-2 pumps of
ABHR to palms

2



Rub palms
together

3



Interlace
fingers and rub
between
fingers

4



Rub backs of
hands with
fingers
interlaced

5



Rub fingertips
in opposite
palm

6



Rub thumb in
clapsed
opposite palm

7



Continue
rubbing until
hands are dry

8



**YOUR HANDS
ARE NOW SAFE**