Timed Scrub Guidelines

1. Be sure that scrub brushes, antiseptic soap, and nail cleaners are available.
2. Remove all jewelry, including watches.
3. Wash hands and arms with antiseptic soap.
4. Clean subungual areas with nail file.
5. Scrub the sides of each finger, between the fingers, and the back and front of the hand for two minutes.
6. Scrub the arm with the hands higher than the elbows. Each side of the arm is washed to three inches above the elbow for one minute.
7. Repeat the process with the other hand and arm. The hands remain above the elbows at all times.