

Rub, don't scrub!



IPC position – hands should be washed with antibacterial soap and water prior to the first surgical rubbing of the day.

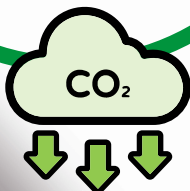


It's safe to use Alcohol Based Hand Rub (ABHR) after your first surgical scrub of the day.



Cleaning your hands with Alcohol Based Hand Rub saves NHS Scotland water, energy and money every year.

Potential carbon saving of **135 tonnes** of CO₂ emissions



Rubbing will reduce incidences of contact dermatitis.

Potential cost saving of **£40,959**



Annual saving of **60 million litres** of water

