Optional Activity

Practice your scrubbing in technique!

1) Lay out all of your equipment on a table – hat, mask, sponge, tea towel, shirt/ dressing gown, gloves.

2) First put on your hat and mask



3) Then use your sponge or flannel to copy the scrubbing hand technique seen in the video, you can use just water or use soap as well if you want to.
(Remember to keep your wrists above your elbows so dirty water from your arm doesn't run down towards your clean hands).





4) Use your tea towel to dry hands as shown in the video, one side for one hand and arm, the other side of the towel for the other hand and arm

5) Next put on your shirt or dressing gown backwards so the buttons or ties are at the back.
(Ask an assistant to button or tie you in!)





6) Keeping your hands inside your cuffs / sleeves see if you can put on your gloves.
(this part can be tricky!)



Did you manage to do it? Did you maintain sterility?

No? don’t worry it’s just a bit of fun, it can take a lot of practice!

The best bit is seeing what silly positions you get into, and funny faces you pull whilst trying to get your gown and gloves on!

Image source: jugglingwithkids.com, pexels.com, toolstation.com