

Table 1: Steps to Clean Instruments

Adapted from *Infection Prevention and Control Practices for Personal Services: Tattooing, Ear/Body piercing, and Electrolysis*. Health Canada, July 1999.

	Cleaning Process	Comments
1.	Soak items that cannot be immediately cleaned in a container of clean warm water with or without detergent in a clean sink or in a labeled "dirty instruments" container.	Soaking instruments prevents blood and other organic matter from drying on the item. Do not soak dirty items in hot water or in a disinfectant before cleaning, as this can cause organic matter (dirt) to stick to the surface of the object.
2.	Put on thick rubber gloves (non-medical gloves).	Thick rubber gloves suitable for cleaning have a wider bib at the wrist to help prevent water from entering the inside of the glove.
3.	Take instruments apart and rinse in a sink filled with lukewarm water.	Hot water may cause organic matter (dirt) to stick to objects.
4.	Prepare cleaning sink by adding warm water and detergent .	To reduce the risk of injury, ensure that sharp objects are visible by using low sudsing detergent according to directions.
5.	Clean instrument surfaces by using friction (washing and scrubbing motions). Use a brush to clean any crevices or seams in instruments.	Scrub below the water surface to prevent splashing into the eyes or onto clothing. An ultrasonic cleaner may be used for cleaning. When using this device, the lid should be closed to prevent aerosolization.
6.	Inspect instruments to ensure removal of all visible organic matter.	Organic matter prevents disinfection from occurring.
7.	Drain dirty water. Rinse cleaned instruments under running water.	Rinsing removes residual detergent and soil that may impair the function of the instrument or interfere with the action of disinfectants.
8.	Either air dry or dry with a disposable towel.	If wet items are not dried a film may be left on the surface which may contain pathogens.
9.	Store cleaned instruments in a covered container (can be towel or clean storage area) until disinfected or sterilized, as required.	Uncovered, clean instruments may become contaminated by dust or moisture.
10.	Clean and disinfect the sink .	Sinks become contaminated during use, therefore, cleaning and disinfection is required to reduce microorganisms prior to reuse.
11.	Remove rubber gloves and wash, rinse and, hang to dry.	Cleaned rubber gloves may be used again as long as the rubber is not torn or punctured.
12.	Perform hand hygiene .	Hand hygiene should be performed after removing gloves.

For more information, call

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