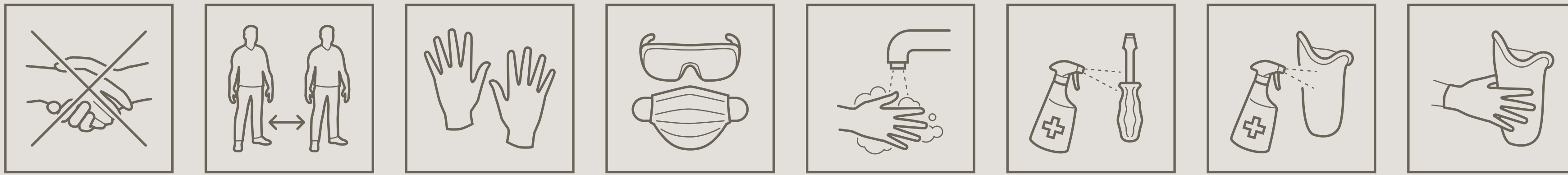


# Working in prosthetic and orthotic technical settings

## Protecting yourself and others



### Specific hygiene measures and techniques in a P&O workshop

#### Pre- and post-processing of workspaces

- Employ social distancing and use PPE within the workshop.
- Establish a workspace with easy-to-clean surfaces and tools.
- Wash hands before handling device and after device has left workshop.
- Prepare the workspace with the required materials and components for device.
- Sanitise work surfaces and all tools used.<sup>5,6</sup>

#### Processing of medical devices

- Ensure the device is properly cleaned.
- Machine rooms and power tools should be cleaned as thoroughly as possible, make this a general routine!
- Try to only touch the device with hands.
- If possible, keep used tools away from others until work is completed.
- Sanitise hand tools before and after finishing device.<sup>5,6</sup>



### Tricks to ensure social distancing within a workshop

#### Separation

Set up workbenches with 1.5 m separation

#### Protection

Set up protective screen<sup>7</sup> between workbenches  
Material: Transparent plastic

#### Information

Use floor markings

### General recommendations and techniques in a P&O workshop

#### Personal protective equipment (PPE)



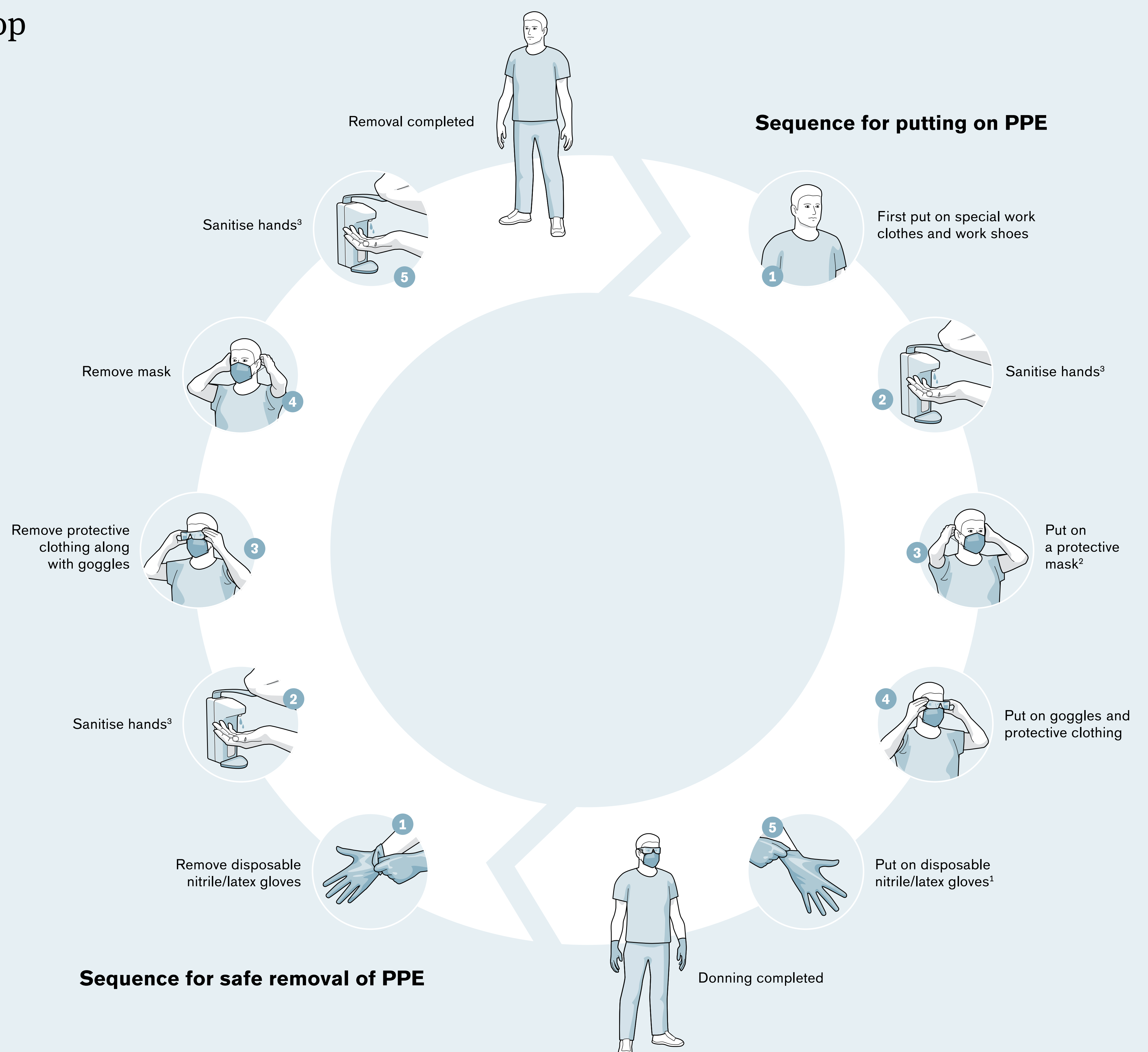
#### Hand hygiene disinfection (HHD)

**Clean your hands regularly!**  
Hand hygiene is an important tool to stop spreading germs.

**Wash your hands with enough soap<sup>4</sup> and water.**  
Tip: Washing your hands properly takes 30 seconds. That's about as long as singing "Happy Birthday" twice.

**Dry your hands thoroughly with a single-use towel.**

**Use alcohol-based hand sanitiser<sup>3</sup> if you do not have immediate access to soap and water.**  
Tip: Apply a coin-sized amount on your hands.



This graphic should be considered as a list of procedures to be added to local, national, and international directives and is not a substitute for established protocols.