How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a Apply a palmful of the product in a cupped hand, covering all surfaces;
1b Rub hands palm to palm;

2 Right palm over left dorsum with interlaced fingers and vice versa;

3 Palm to palm with fingers interlaced;

4 Backs of fingers to opposing palms with fingers interlocked;

5 Rotational rubbing of left thumb clasped in right palm and vice versa;

6 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

7 Once dry, your hands are safe.

World Health Organization
Patient Safety
SAVE LIVES
A World Alliance for Safer Health Care
Clean Your Hands