

Hygienic hand disinfection

Standard rubbing technique with alcohol based hand rubs in accordance with EN 1500

contact time
30 seconds

1

Rub palm to palm, additionally rub the wrists



4

Rub the backs of the interlocked fingers on the opposing palms



2

Run right palm over the back of the left hand – and vice versa



5

Rub the right thumb in the closed palm of the left hand using a circular motion – and vice versa



3

Rub palm to palm with interlaced spread fingers



6

Rub the closed fingertips of the right hand on the left palm using a circular motion – and vice versa



For **hygienic hand disinfection**, apply the alcohol based hand rub (ABHR) onto clean, dry hands and rub in up to the wrists for **30 seconds** following the steps listed above. Please pay special attention to fingertips and thumbs.

- Make sure that the hands remain moist during the entire contact time.
If necessary, apply more hand disinfectant.

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