

Hygienic hand disinfection

contact time
30 seconds

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



1

Rub palm to palm,
additionally rub the wrists



2

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



3

Rub palm to palm
with interlaced spread fingers



4

Rub the backs of the
interlocked fingers on the
opposing palms



5

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



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.