

# Hand rub procedure

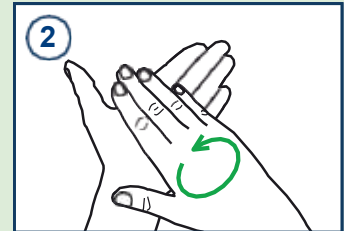
## Disinfect your hands



Dispense enough sanitiser to cover all the surfaces of both hands and wrists into the palm of your hand



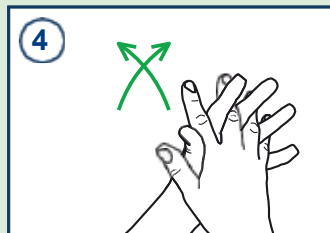
Dispense enough sanitiser to cover all the surfaces of both hands and wrists into the palm of your hand



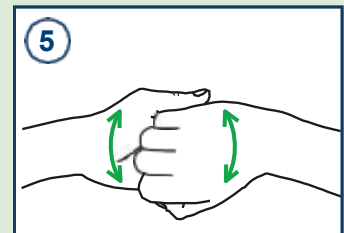
Rub the palms together



Rub the palms against the back of the opposite hand with fingers interlaced



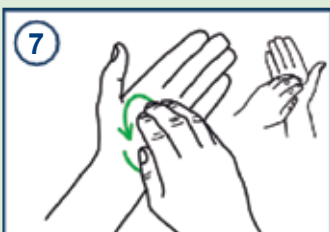
Rub the palms together with fingers interlaced



Rub the backs of fingers against the opposing palm



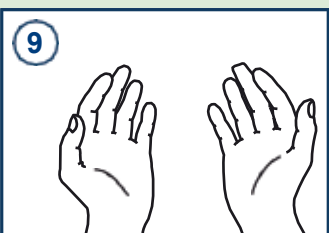
Rub each thumb inside the opposite palm



Using circular motions, rub the fingertips against the opposite palm



Remember the wrists



When dry, your hands are safe



20-30 sec