



## Hand Rub Technique with Alcohol Gel



1 Apply sufficient alcohol gel to a cupped hand to cover all surfaces



2 Rub hands palm to palm



3 Rub back of each hand with the palm of the other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



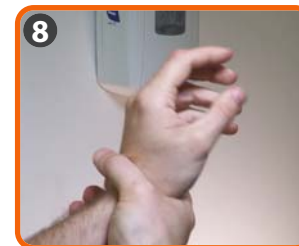
5 Rub with back of fingers to opposing palms with fingers interlocking and vice versa



6 Rub each thumb clasped in opposite hand using a rotational movement



7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with the opposite hand using a rotational movement



9 Allow hands to air dry

\*\* Steps 2 to 8  
require a minimum  
of 3 repetitions



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