

# Hygienic hand disinfection

Standard rubbing technique for hygienic hand disinfection  
in accordance with EN 1500

## Step 1

Rub palm to palm



 approx. 5 seconds

## Step 4

Rub the backs of the interlocked fingers on the opposing palms



 approx. 5 seconds

## Step 2

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



 approx. 5 seconds

## Step 5

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



 approx. 5 seconds

## Step 3

Rub palm to palm with interlaced spread fingers



 approx. 5 seconds

## Step 6

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



 approx. 5 seconds

For **hygienic hand disinfection**, apply the hand disinfectant onto cupped dry palms and rub in up to the wrists for **30 seconds** following the steps listed above. Perform the movements of each step five times. After completion of the 6<sup>th</sup> step, the individual steps are repeated until the required rubbing time has been reached.

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