Hygienic hand disinfection

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

Step 1
Rub palm to palm

Step 2
Run right palm over the back of the left hand – and vice versa

Step 3
Rub palm to palm with interlaced spread fingers

Step 4
Rub the backs of the interlocked fingers on the opposing palms

Step 5
Rub the right thumb in the closed palm of the left hand using a circular motion – and vice versa

Step 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 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 6th 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.