## How to handrub

Rub hands with hand sanitiser for hand hygiene. Wash hands when visibly dirty.
Length of time to use handrub: 20-30 seconds


Apply a palmful of the product in a cupped hand, covering all surfaces


Rub hands palm to palm


Backs of fingers to opposite palm with fingers interlocked
the left hand with interlaced fingers and do same on other hand


Rotational rubbing of left thumb clasped in right palm and do same on other hand


Palm to palm with fingers interlaced


Rub in a circle with clasped fingers of right hand in left palm do same on other hand


Once dry, your hands are safe

