

## 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



Right palm over the back of the left hand with interlaced fingers and do same on other hand



Palm to palm with fingers interlaced



Backs of fingers to opposite palm with fingers interlocked



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



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



Once dry, your hands are safe



## www.hse.ie/infectioncontrol