

LIFE is in your hands

Wash hands – otherwise use handrub

Duration of the entire procedure: 40-60 seconds



1

Wet hands with water;



2

Apply enough soap to cover all hand surfaces;



3

Rub hands palm to palm;



4

Right palm over left dorsum with interlaced fingers and vice versa;



5

Palm to palm with fingers interlaced;



6

Back of fingers to opposing palms with fingers interlocked;



7

Rotational rubbing of the left thumb clasped in the right palm and vice versa;



8

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



9

Rinse hands with water;



10

Dry hands thoroughly with a single paper towel;



11

Turn off the taps with your forearm;



12

Your hands are now safe.