Hygienic Hand Disinfection

Standard rub-in-method for the hygienic disinfection of the hands according to EN 1500.
- put the disinfectant into the dry, hollow hand
- rub in strongly during 30 seconds, also the wrists
- carry out each step five times
- the hands must be kept wet during the entire procedure
- if necessary put disinfectant again on the hands

1st step
Put palm onto palm, also wrists. Rub them against each other.

2nd step
Right palm over left back of the hand and vice versa. Make rotary movements.

3rd step
Put palm onto palm with spread fingers. Cross fingers and open them again.

4th step
Outside of the fingers into opposite palm. Cross fingers. Ease the grip and cross fingers again.

5th step
Rotary rubbing of the left thumb in the closed right palm and vice versa.

6th step
Rotary rubbing of the closed fingertips of the right hand in the left palm and vice versa.