

# 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.



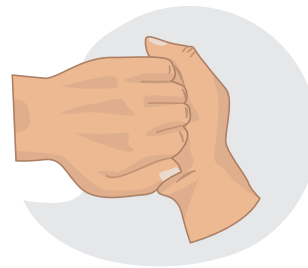
## 2nd step

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