HOW TO HANDRUB?

SAVE LIVES: CLEAN YOUR HANDS

Rub hands for hand hygiene! Wash hands instead when visibly soiled.
Duration of the entire procedure: 20 – 30 seconds

Apply a palmful of the product in a cupped hand, enough to cover all hand surfaces.

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

Rub hands palm to palm.

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

Palm to palm with fingers interlaced.

Backs of fingers to opposing palms with fingers interlocked.

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

Once dry, your hands are safe.

Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? Infection Control & Hospital Epidemiology, 38(2), 230-233. doi:10.1017/ice.2016.241

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HAND HYGIENE
FOR SOUTH AFRICA