



**hand  
in hand**  
FOR SAFETY  
worldwide *everyday*

# Hand hygiene to support infection prevention

For hygienic hand disinfection, apply a sufficient amount of hand disinfectant (at least 3 ml) to hollow, dry hands and rub in for more than 30 seconds, as shown. While applying, it's important that the hands are fully covered and kept moist by the hand disinfectant. Pay special attention to fingertips and thumbs.

1. Rub both palms together. When necessary, include the wrists.



4. Rub the back of the interlocked fingers on the opposing palms

2. Place right palm over the back of your left hand – then switch hands



5. Rub the closed fingertips of the right hand on the left palm using a circular motion – and vice versa

3. Rub palm-to-palm with interlaced, spread fingers



6. Rub the right thumb in the closed palm of the left hand using a circular motion – vice versa