How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a Apply a painfull of the product in a cupped hand, covering all surfaces;

1b Rub hands palm to palm;

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

3 Palm to palm with fingers interlaced;

4 Backs of fingers to opposing palms with fingers interlocked;

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

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

7 Once dry, your hands are safe.

World Health Organization

Available at: http://www.who.int/gpsc/tools/Five_moments/en/
How to handwash?

WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!

Duration of the entire procedure: 40-60 sec.

1. Wet hands with water
2. Rub hands palm to palm
3. Right palm over left dorsum with interlaced fingers and vice versa
4. Palm to palm with fingers interlaced
5. Backs of fingers to opposing palms with fingers interlocked
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
8. Rinse hands with water
9. Dry thoroughly with a single use towel
10. Use towel to turn off faucet
11. ...and your hands are safe.

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

Available at: http://www.who.int/gpsc/tools/Five_moments/en/