## HAND CLEANING **TECHNIQUES**

## How to handrub?

WITH ALCOHOL HANDRUB



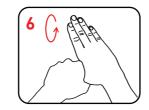
Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces



Rub hands palm to palm



Rub palm to palm with fingers interlaced



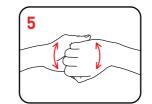
Rub each thumb clasped in opposite hand using rotational movement







Rub back of each hand with the palm of other hand with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub tips of fingers in opposite palm in a circular motion





National Patient Safety Agency

www.npsa.nhs.uk/clean**your**hands