

# Hygienic hand disinfection

Standard rubbing technique for hygienic hand disinfection in accordance with EN 1500

contact time  
30 seconds

Rub palm to palm, additionally rub the wrists



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

Run right palm over the back of the left hand – and vice versa



Rub palm to palm with interlaced spread fingers

Rub the backs of the interlocked fingers on the opposing palms



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

For **hygienic hand disinfection**, apply the hand disinfectant onto cupped dry palms and rub in up to the wrists for **30 seconds** following the steps listed above. Please pay special attention to fingertips and thumbs.

- Make sure that the hands remain moist during the entire contact time. If necessary, apply more hand disinfectant.