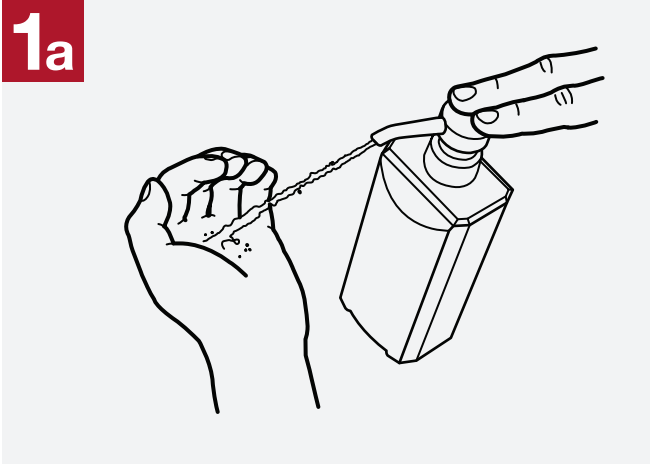


# How to clean your hands with hand sanitiser

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

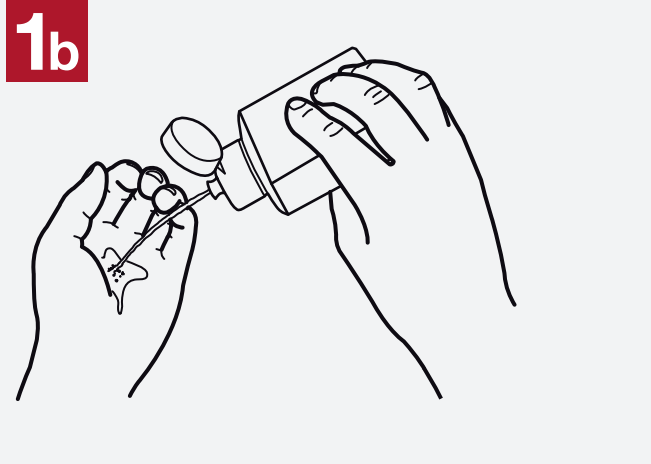
 Duration of the entire procedure: **20-30 seconds**

**1a**

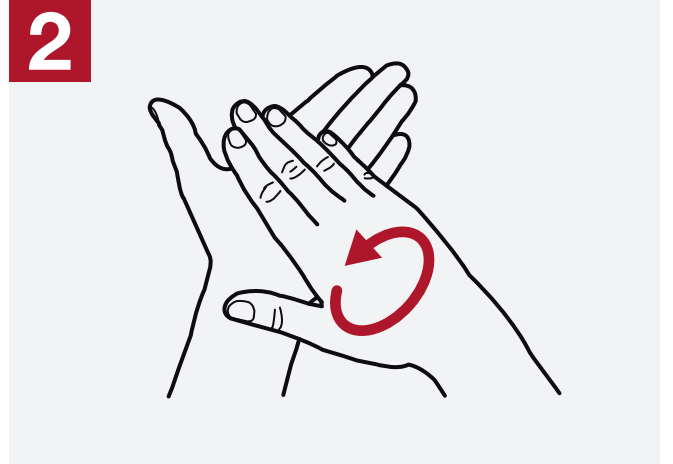


Apply the product in a cupped hand;

**1b**

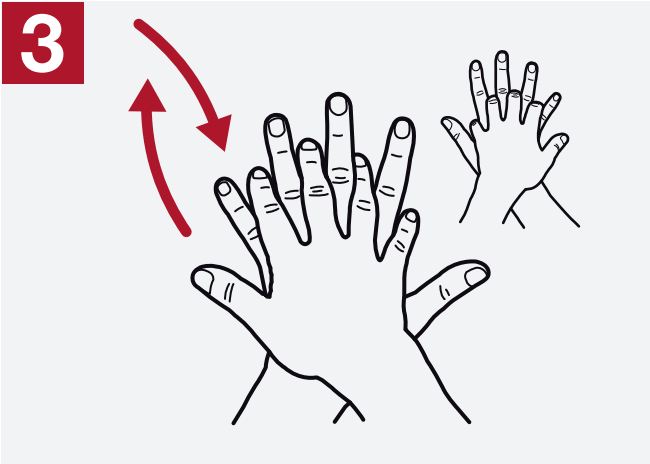


**2**



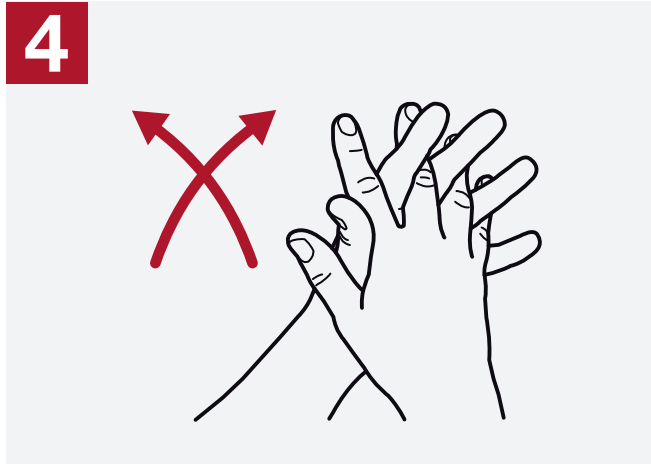
Rub hands palm to palm;

**3**



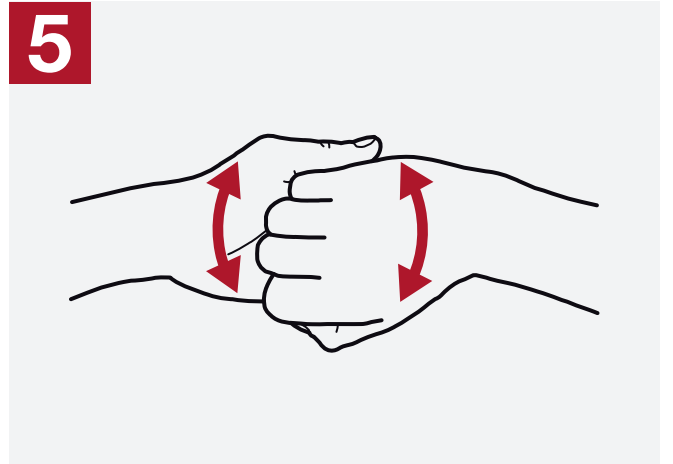
Right palm over left dorsum with interlaced fingers and vice versa;

**4**



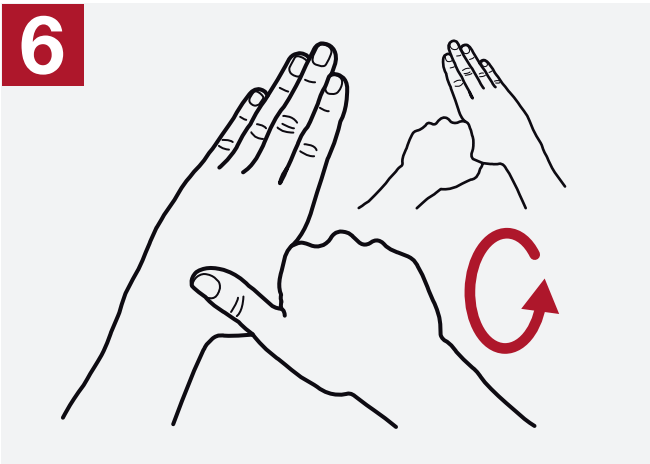
Palm to palm with fingers interlaced;

**5**



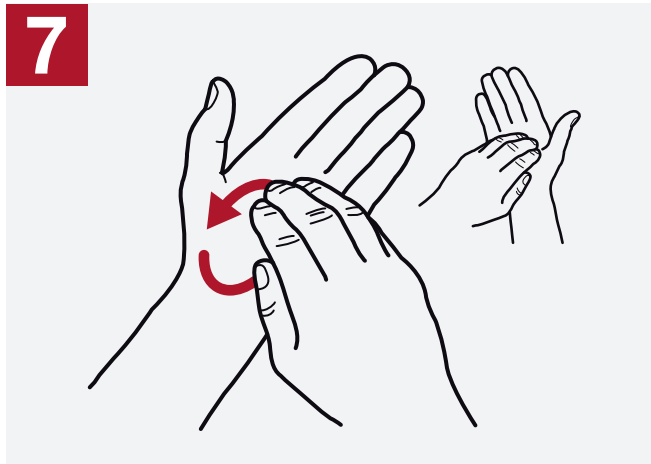
Backs of fingers to opposing palms with fingers interlocked;

**6**



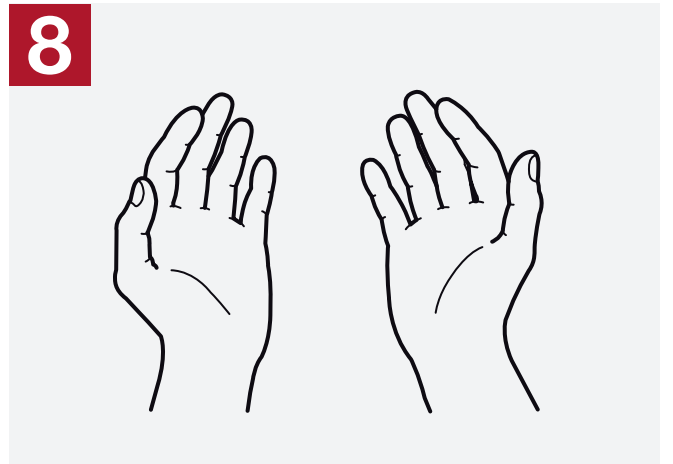
Rotational rubbing of left thumb clasped in right palm and vice versa;

**7**



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

**8**



Once dry, your hands are safe.