

HOW TO

HAND RUB



Use hand rub to clean hands. Wash hands only when visibly soiled.

 <p>1 Apply one squirt of hand rub in a cupped hand</p>	 <p>2 Rub hands palm to palm, up to and including wrists</p>	 <p>3 Right palm over back of left with linked fingers and vice versa</p>
 <p>4 Palm to palm with fingers linked</p>	 <p>5 Backs of fingers to opposing palms with fingers interlocked</p>	 <p>6 Rotational rubbing of left thumb held in right palm and vice versa</p>
 <p>7 Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa</p>	 <p>8 Once dry, your hands are safe</p>	

 20-30 SECONDS