

Alcohol Handrub Technique



1. Remove hand and wrist jewellery (wedding band allowed) N.B. Keep nails short.



2. Apply about 3mls of alcohol and rub into palm of hand.



3. Rub palm to palm to spread alcohol over entire hands and fingers.



4. Rub the back of your left hand with the palm of right hand. Reverse and repeat action.



5. Open fingers and rub the finger webs. Reverse and repeat action.



6. Rub palm to palm with fingers interlocked.



7. Rub thumb of each hand using a rotating movement.



8. Rub the tips of the fingers against the opposite palm using circular movements.



9. Rub wrists of both hands.



10. Allow hands to dry completely.