Handrub technique

1. Apply a small amount (about 3 ml) of the product in a cupped hand
2. Rub hands together palm to palm, spreading the handrub over the hands
3. Rub back of each hand with palm of other hand with fingers interlaced
4. Rub palm to palm with fingers interlaced
5. Rub back of fingers to opposing palms with fingers interlocked
6. Rub each thumb clasped in opposite hand using a rotational movement
7. Rub tips of fingers in opposite palm in a circular motion
8. Rub each wrist with opposite hand
9. Wait until product has evaporated and hands are dry (do not use paper towels)
10. The process should take 15–30 seconds

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Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care