



How to hand rub with alcohol-based sanitiser



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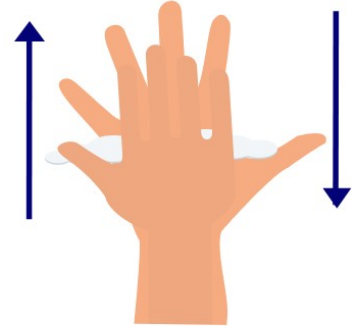
*Use sanitiser with 60-80% alcohol content (ethanol or isopropanol)



1. Apply a palmful of the product in a cupped hand and cover all surfaces



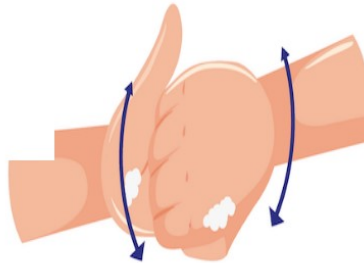
2. Rub hands palm to palm



3. Right palm over left dorsum with interlaced fingers and vice versa



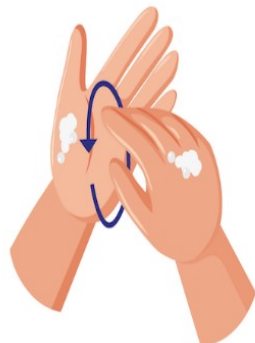
4. Palm to palm with fingers interlaced



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.