

How to Hand Rub



Apply a dime-sized amount (2-3 ml) of product into palms of dry hands



Rub product into hands palm to palm



Rub fingertips of each hand in opposite palm



Rub between and around fingers

..... **Rub hands for 15 seconds**



Rub each thumb clasped in opposite hand



Rub back of each hand with opposite palm



Rub hands until dry before performing another task



DO NOT WIPE OFF.
Your hands are now clean

Remember to practice the 4 moments of hand hygiene:

1. **BEFORE** initial patient, resident, client (PRC) or environment contact
2. **BEFORE** aseptic/clean procedure
3. **AFTER** body fluid exposure risk
4. **AFTER** PRC/PRC environment contact

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