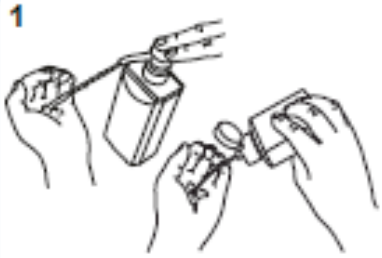
Dental HealthCare

NHS

Best practice how to hand rub

Duration of the process: 20-30 seconds.

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 the back of the other hand 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.