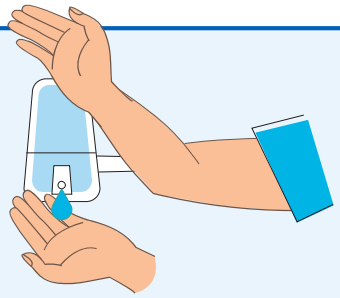
Appendix 2: Best practice - How to handrub step by step

Steps 1-9 should take at least 30 seconds

1



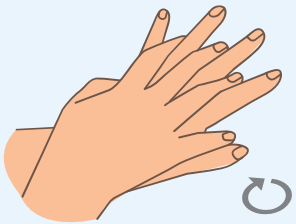
Apply enough product to cover all hand surfaces

2



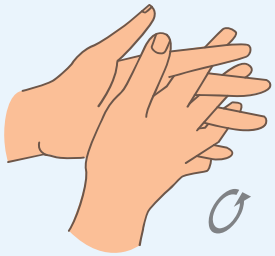
Rub hands palm to palm

3



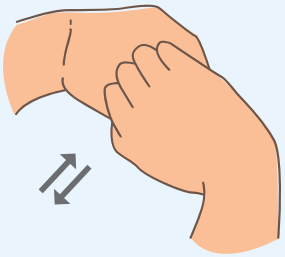
Right palm over back of left hand with interlaced fingers and vice versa

4



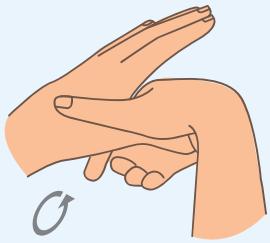
Palm to palm with fingers interlaced

5



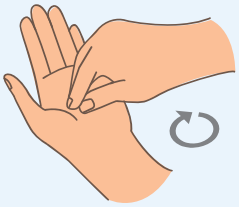
Backs of fingers to opposing palms with fingers interlocked

6



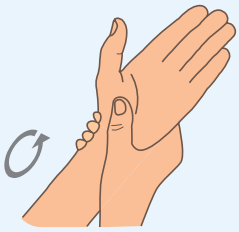
Rotational rubbing of left thumb clasped in right palm and vice versa

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8



Rub each wrist in a rotating manner with the opposite hand

9



Once all the handrub has evaporated then the procedure is complete

Steps 1-9 should take at least 30 seconds

Refer to the manufacturer's instructions for the recommended minimum volume of hand rub to apply. Larger hands may require additional product to achieve full coverage.