

How to Clean Your Hands

Use the same technique when applying either Alcohol-Based Hand Rub (ABHR) or liquid soap and water

Ensure all surfaces of the hands and wrists are covered



One pump of ABHR or liquid soap to the palm of cupped hand



Rub palm to palm



Rub nails against palm of each hand



Go between the fingers



Fingertips



Backs of your hands



Thumbs



Wrists



Clean Hands Save Lives

Dry hands thoroughly - Once dry your hand hygiene is complete