



**ARRÊT!**  
nettoyez-vous les mains

## Fact Sheet 5

### How to hand-rub

To effectively reduce the growth of pathogens on hands, *hand-rubbing* must be performed by following all steps illustrated below.

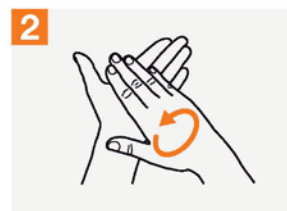
# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

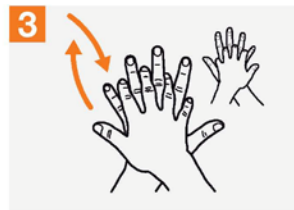
**⌚ Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



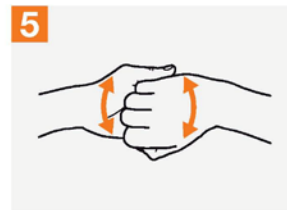
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



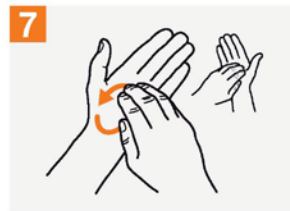
Palm to palm with fingers interlaced;



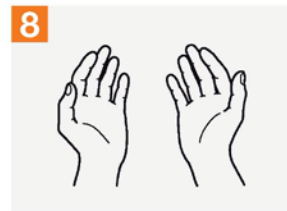
Backs of fingers to opposing palms with fingers interlocked;



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



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



Once dry, your hands are safe.

 <p><b>World Health Organization</b></p>	<p><b>Patient Safety</b> A World Alliance for Safer Health Care</p>	<p><b>SAVE LIVES</b> Clean Your Hands</p>
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This takes only 20-30 seconds!

Based on the 'How to Handrub', URL: [://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf](http://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf)  
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