

Protect yourself and others: Correct hand hygiene in a few steps!

Repeatedly, mistakes are made when washing hands and applying hand disinfectant. To ensure that correct hand hygiene takes place, we have compiled a guide to hand cleaning and hand disinfection using the standard rub-in method.

A particularly common mistake in disinfection is to leave wetting gaps. This means that the disinfectant does not cover the entire hand. Often the necessary exposure time of the respective disinfectant is also not taken into consideration.

Remove the soap and disinfectant from a dosage dispenser, ideally from a contactless dispenser. Please do not use solid soap or reusable towels. Do not touch any fittings with your bare hand.

Step 1

First, hold your hands under running water. The water temperature has no influence on the reduction of microorganisms. You should therefore choose an individually pleasant water temperature.

Step 2

The cleaning agent should be rubbed gently - on the palms of the hands as well as on the backs of the hands, fingertips, finger gaps and thumbs. The washing process should take 30 seconds.

Step 3

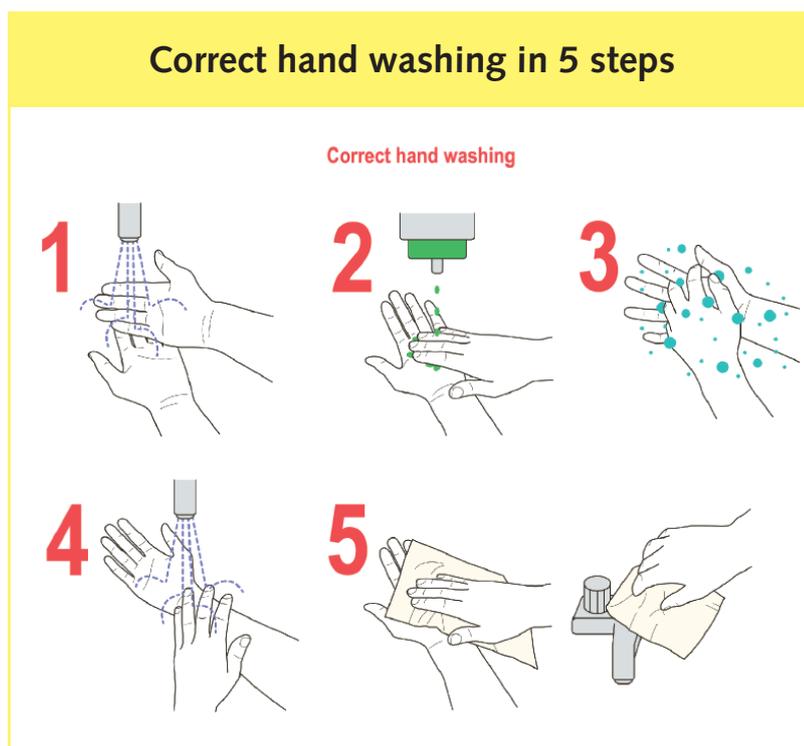
Rinse hands thoroughly under running water.

Step 4

Do not close the tap directly with your bare hand. If automatic deactivation is not provided, we recommend turning off the tap with a paper towel.

Step 5

Dry your hands completely with disposable paper towels or preferably with a touch-free hand dryer with an F8 air filter.



Each of these steps is performed for about 5 seconds. The total duration of the rub-in is therefore about 30 seconds. The individual steps are repeated until the specified exposure time of the disinfectant is reached.

Step 1

First, pour a sufficient amount of disinfectant into the palm of your hand and rub both palms together. Additionally, rub your wrists with disinfectant.

Step 2

In this step, rub the back of your left hand with the palm of your right hand. Now repeat this in reverse.

Step 3

Rub the palms of your hands together with interlaced, open fingers.

Step 4

Now place your hands with the outside of your fingers on the opposite palm of your hand and interlock them.



Step 5

Don't forget your thumbs! Put your right thumb in the closed left palm. Repeat this also with your left thumb.

Step 6

Finally, grasp the fingertips of the right hand and rub them in the left palm - and vice versa.

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