

# HAND HYGIENE REGIMEN FOR SANITIZING



1



Place enough product in your palm to thoroughly cover your hands.

2



Rub hands palm to palm.

3



Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.

4



Rub palms together with fingers interlaced.

5



Rub backs of fingers to opposing palms with fingers interlocked.

6



Rotate rubbing the left thumb clapsed in the right palm. Repeat with right thumb clapsed in the left palm.

7



Rotate rubbing backwards and forwards with clapsed fingers of your right hand in your left palm. Repeat with fingers of your left hand in your right palm.

8



The total process should take approximately 20 seconds. Once your hands are dry they are safe for caring for patients.

