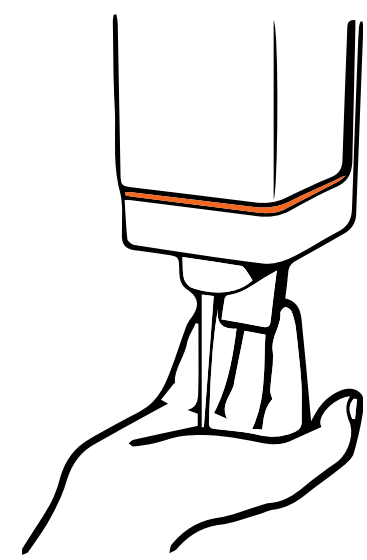
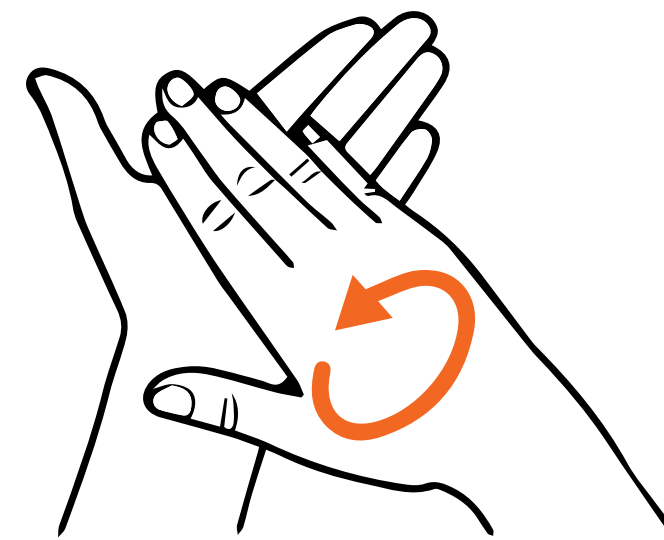


# Hand Rub:

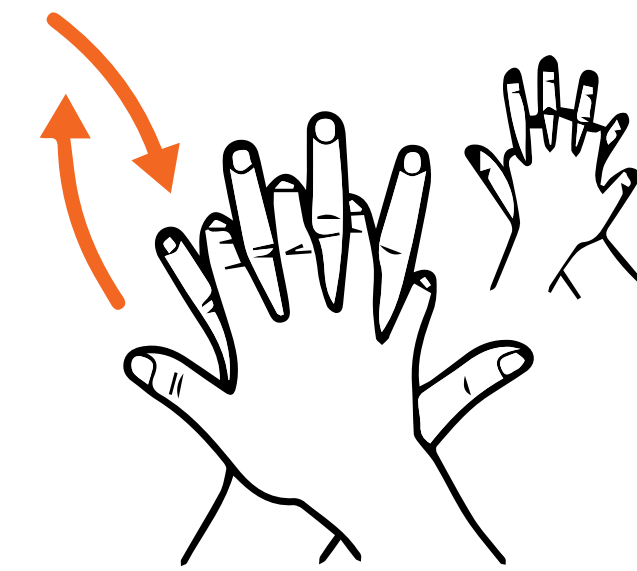
## HOW TO HAND RUB?



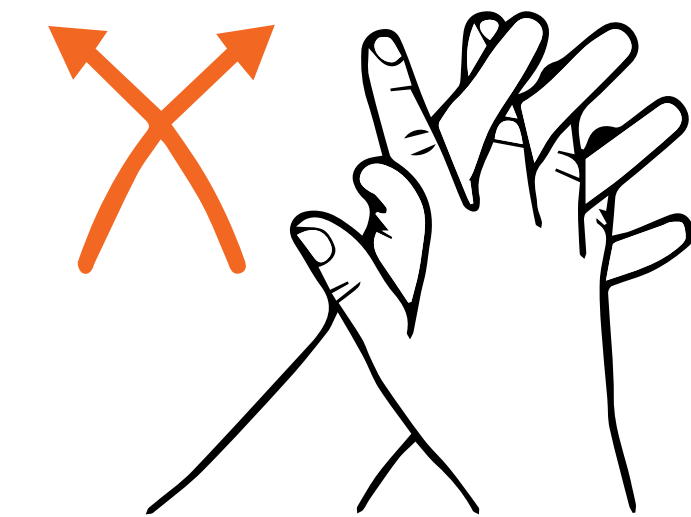
- Apply enough handrub to cover all hand surfaces



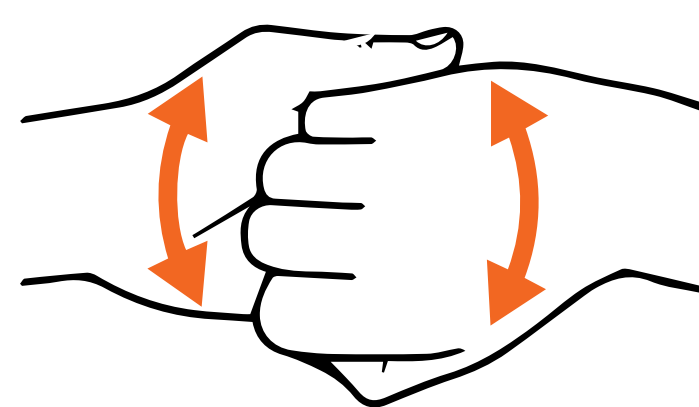
- Palm to palm
- Hands flat
- Rub



- Palm over dorsum (top of hand)
- Fingers interlaced
- Rub right over left, left over right



- Palm to palm
- Fingers interlaced
- Rub



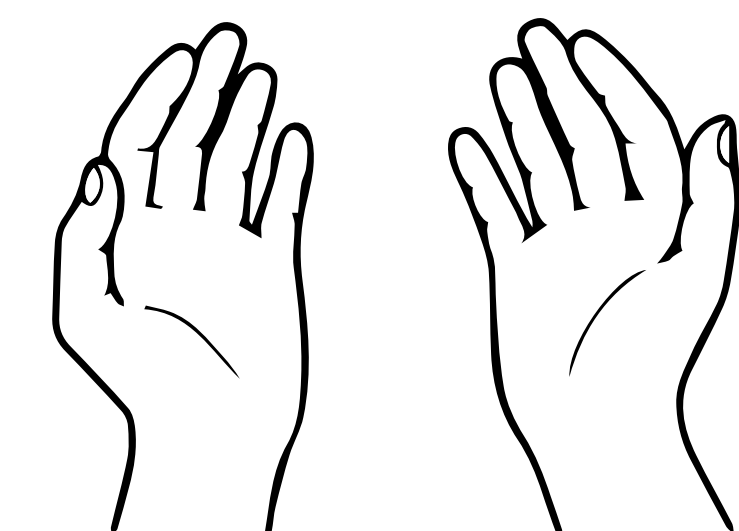
- Back of fingers to opposing palms
- Fingers interlocked
- Rotational rub



- Rotate each thumb in opposing clasped palm
- Rotational rub
- Left thumb in right palm, right thumb in left palm



- Clapsed fingers in opposing palm
- Backwards and forwards rotation
- Right fingers in left palm, left fingers in right palm



- Let handrub dry
- Do not wipe or use towel