

Hand Hygiene using an Alcohol Hand Rub



1 Rub palm-to-palm

Rub back of both hands

2



3 Rub palm to palm with fingers interlaced

Rub backs of fingers (interlocked)

4



5 Rub both palms with fingertips

Rub both thumbs and rub both wrists

6



Flammable

Ayliffe et al (1978)



6 Step Technique

- Alcohol hand rubs must only be used on visibly clean hands
- Dispense alcohol as per manufacturers instructions into a cupped hand
- Cover all surfaces of the hands ONCE using the 6 step technique as outlined
- Duration 20-30 seconds

Continue rubbing hands until the hands are completely dry

HSE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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