



20 - 30 seconds

**IN THE  
ABSENCE OF  
CLEAN WATER  
AND SOAP**

# **DON'T COMPROMISE HAND SANITISE**



**1a**

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



**1b**

An elbow, press or squeeze bottle can be used depending on availability



**2**

Rub hands palm to palm



**3**

Right palm over left dorsum with interlaced fingers and vice versa



**4**

Palm to palm with fingers interlaced



**5**

Back of fingers to opposing palm with fingers interlocked and vice versa



**6**

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



**7**

Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa



**8**

Once dry, your hands are now safe



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