

Washing hands

- ✓ With the means provided for this purpose
- ✓ In sufficient quantity
- ✓ Massage the product into the hands for at least 30 seconds - in the manner shown below
- ✓ Then foam for 15 seconds



rub palm to palm



Rub right palm over left and left palm over back of right hand



Rub palm to palm with crossed, spread fingers



Rub the outside of the fingers on opposite palms with crossed fingers



rubbing of both thumbs



Rub closed fingertips into the right and left palm

Disinfect hands

Problem zones for hand disinfection

Palm:

- ✓ Fingertips
- ✓ Thumbs
- ✓ Palm

Back of your hand:

- ✓ Finger
- ✓ Thumbs



rub palm to palm



Rub right palm over left and left palm over back of right hand



Place the palms of your hands on each other and cross your spread fingers more often



Rub the outside of the fingers on opposite palms with crossed fingers



rubbing of both thumbs



Rub closed fingertips into the right and left palm