

HOW TO

HAND RUB

Use hand rub to clean hands. Wash hands only when visibly soiled.

1 Apply one squirt of hand rub in a cupped hand

2 Rub hands palm to palm, up to and including wrists

3 Right palm over back of left with linked fingers and vice versa

4 Palm to palm with fingers linked

5 Backs of fingers to opposing palms with fingers interlocked

6 Rotational rubbing of left thumb held in right palm and vice versa

7 Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa

8 Once dry, your hands are safe

Procedure lasts **20-30 SECONDS**

IMPORTANT TIPS:

- Remove all wrist and hand jewelery other than a wedding band.
- Use hand lotion regularly to prevent dry, cracked hands, i.e., before and after work and before breaks.
- Cover minor cuts and abrasions on hands and arms with a waterproof dressing before starting work.



HEALTH QUALITY & SAFETY COMMISSION NEW ZEALAND
Kupu Taurangi Hauora o Aotearoa

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