

## Appendix 2: How to handrub step by step images

Duration of the process: 20-30 seconds.

**1**

Apply a palmful of the product in a cupped hand and cover all surfaces.

**2**

Rub hands palm to palm.

**3**

Right palm over the back of the other hand with interlaced fingers and vice versa.

**4**

Palm to palm with fingers interlaced.

**5**

Backs of fingers to opposing palms with fingers interlocked.

**6**

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

**7**

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

**8**

...once dry, your hands are safe.\*

\*Any skin complaints should be referred to local occupational health or GP.



**Germs. Wash your hands of them.**