

# Hand Rub Technique

In line with the WHO guidelines on Hand Hygiene and EN 1500



Apply Spirigel® Complete to the palm of one hand, covering all surfaces



Cover whole surface of hands, rubbing palm to palm



Spread Spirigel® Complete over the back of each hand including the wrists with fingers interlaced



Rub palm to palm with fingers interlaced



Grip the fingers on each hand and rub in a sideways back and forth movement



Clasp each thumb in the opposite hand and rotate



Press fingers into palm of each hand and rotate



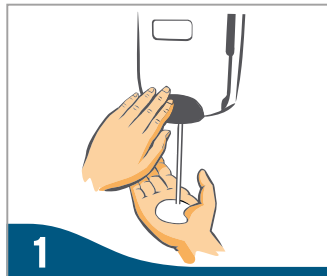
Once dry, your hands are safe

# Hand Wash Technique

In line with the WHO guidelines on Hand Hygiene  
and for antimicrobial soaps in line with EN 1499



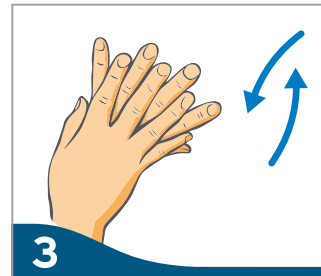
0 Wet hands with water



1 Apply a sufficient amount of product to the palm of one hand



2 Rub hands palm to palm to build lather



3 Spread lather over the back of each hand with fingers interlaced



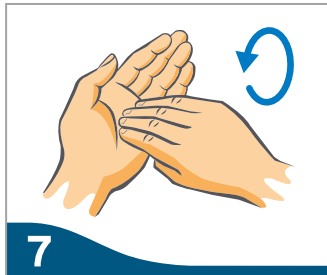
4 Rub palm to palm with fingers interlaced



5 Grip the fingers on each hand and rub in a sideways back and forth movement



6 Clasp each thumb in the opposite hand and rotate



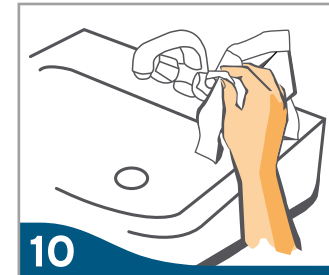
7 Press fingers into palm of each hand and rotate



8 Rinse hands with water



9 Dry hands thoroughly with a disposable towel



10 Use towel to turn off tap



11 Your hands are now safe