## Best Practice: How to handrub step by step images

 Duration of the process: $20-30$ seconds.

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


Palm to palm with fingers interlaced.


Rub hands palm to palm.

5


Backs of fingers to opposing palms with fingers interlocked.

3


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


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


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

8

...once dry, your hands are safe.

