Hand Rub Technique with Alcohol Gel

1. Apply sufficient alcohol gel to a cupped hand to cover all surfaces.
2. Rub hands palm to palm.
3. Rub back of each hand with the palm of the other hand with fingers interlaced.
4. Rub palm to palm with fingers interlaced.
5. Rub with back of fingers to opposing palms with fingers interlocking and vice versa.
6. Rub each thumb clasped in opposite hand using a rotational movement.
7. Rub tips of fingers in opposite palm in a circular motion.
8. Rub each wrist with the opposite hand using a rotational movement.
9. Allow hands to air dry.

**Steps 2 to 8 require a minimum of 3 repetitions.**