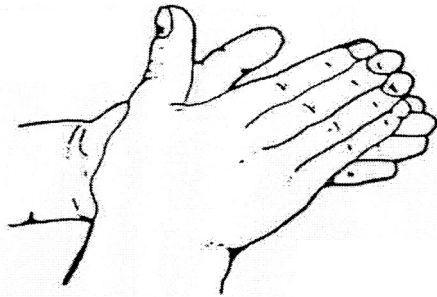
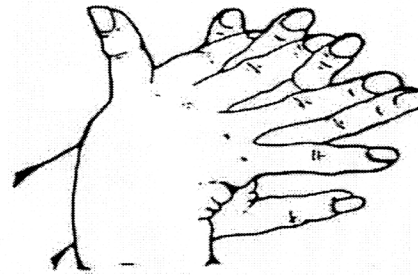


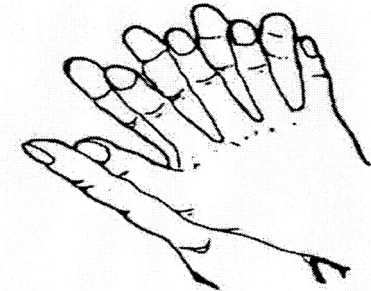
# 7 STEPS TO APPLY ALCOHOL HAND RUB



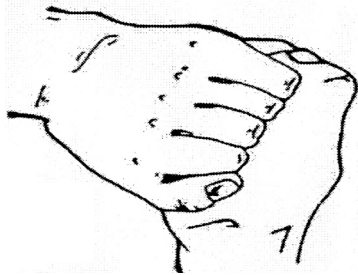
1. Palm to palm



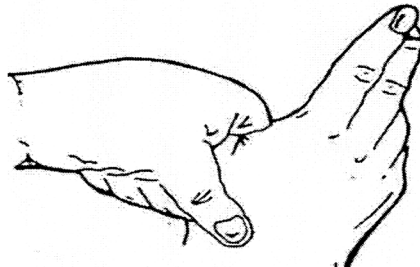
2. Right palm over left dorsum  
and left palm over right dorsum



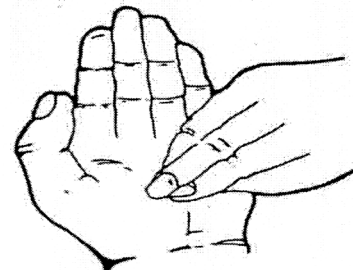
3. Palm to palm  
fingers interlaced



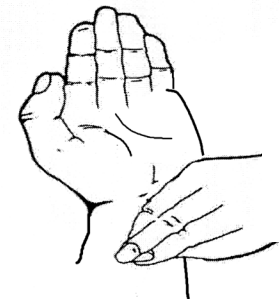
4. Backs of fingers to  
opposing palms with  
fingers interlocked



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



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



7. Rotational rubbing of left wrist  
with right palm and vice versa

**Health Care Workers should be aware that hand decontamination is not as effective if rings, wrist watches, nail polish or false nails (including gel/acrylic nails) are worn and therefore these are NOT PERMITTED within the clinical area.**