

# Hygienic hand disinfection

Apply sufficient amount of hand disinfectant to the cupped hand so that all areas of the hands can be wetted thoroughly and completely.

**Carefully rub in hand disinfectant for 30 seconds – cover all areas of skin.**



## Clinically relevant skin areas

Fingertips and thumbs are of particular importance in clinical practice as they most frequently come into direct contact with patients and potentially contaminated surfaces. Furthermore, fingertips harbour the highest concentrations of bacteria compared to other areas of the hand.



○ High density of microorganisms

An extensive study (1) showed that disinfecting the hands without explicitly following the known six steps based on EN 1500 (2) not only achieves the same but even better results in covering the hands with hand disinfectant.

1 Kampf G, Reichel M, Feil Y, Eggerstedt S, Kaulfers PM. Influence of the rub-in-technique on required time and hand coverage in hygienic hand disinfection. BMC Infect Dis. 2008; 8:149  
2 EN 1500:1997. Chemical disinfectants and antiseptics. Hygienic handrub. Test method and requirements (phase 2/step 2).

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