

Self-Responsible Rub-In Method

Important Principles of Hygienic Hand Disinfection

Typically missed areas
Shown using DesiCoach®



Fingertips



Finger Surfaces &
Nail Folds



Thumbs



Interdigital
Spaces



Backs of Hands
& Palms



Wrists



Use a Sufficient Amount

Apply at least 3 ml of hand disinfectant to ensure adequate coverage.



Ensure Complete Coverage

Distribute the disinfectant evenly while rubbing it in, so that the entire surface of the hands is fully covered.



Include Critical Areas

Treat particularly critical and frequently missed areas (e.g. nail folds, fingertips and thumbs) deliberately and thoroughly.



Observe the Contact Time

Keep hands moist throughout the full contact time specified by the manufacturer. If they dry too soon, apply more disinfectant.