

# Hygienic hand disinfection

In accordance with CEN/EN 1500

## Preparation:

- An easily accessible place to wash hands with warm and cold water.
- Dispenser with gentle wash lotion, disinfectant and appropriate moisturizers.
- Single-use towels.
- Water taps and dispensers that do not require contact.

## Recommendations:

- Do not wear jewellery, watches or rings on hands and forearms.
- Due to the risk of perforating gloves, fingernail length should not extend beyond fingertips.
- False nails and nail varnish are not recommended since they affect hand hygiene.

**i** The hands must be kept moist up to the wrists during reaction time, which may require several applications of disinfectant (total min. 3 ml).



Put all fingertips of the right hand together and rub them with a circular action in the palm of the left hand and vice versa



Rub the thumb in the closed left palm with a circular action and repeat with the right



Palm to palm (up to the wrists)



Outside of fingers in palm of the other hand with fingers folded



Right palm on back of left hand and left palm on back of right hand



Palm on palm with interlaced, splayed fingers



# Surgical hand disinfection

In accordance with CEN/EN 12791

## Preparation:

- An easily accessible place to wash hands with warm and cold water.
- Dispenser with gentle wash lotion, disinfectant and appropriate moisturizers.
- Single-use towels.
- Water taps and dispensers that do not require contact.

## Recommendations:

- Do not wear jewellery, watches or rings on hands and forearms.
- Due to the risk of perforating gloves, fingernail length should not extend beyond fingertips.
- False nails and nail varnish are not recommended since they affect hand hygiene.



1. Dispense disinfectant into dry hands and without contact.
  2. Rub in to hands and forearms up to the elbows for at least 1.5 minutes.
  - 3.–8. Disinfect hands in accordance with the indicated procedure for hygienic hand disinfection.
  9. Hold hands above the level of the elbows during the entire rub-in procedure. Hands must air dry prior to putting on OP gloves.
- i** The hands must be kept moist up to the wrists during residence time, which may require several applications of disinfectant (total min. 10 ml).

