



Hygienic hand disinfection

- 1** Apply a sufficient amount of hand disinfectant to the cupped hand so that all areas of the hands can be wetted thoroughly and completely.
 - 2** Carefully rub in hand disinfectant for **30 seconds** – cover all areas of skin.
- Particular attention has to be paid to fingertips and thumbs:**
- !** 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.