



Ministry of Health Malaysia



Infection Control Unit
Medical Care Quality Section
Medical Development Division
Ministry of Health, Malaysia

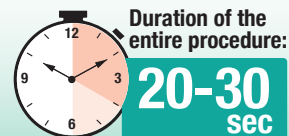
How to HANDRUB?

1 Dip all fingers of right hand into left palm filled with hand rub solution, pour hand rub solution over to right palm and dip all fingers of left hand into handrub solution

1



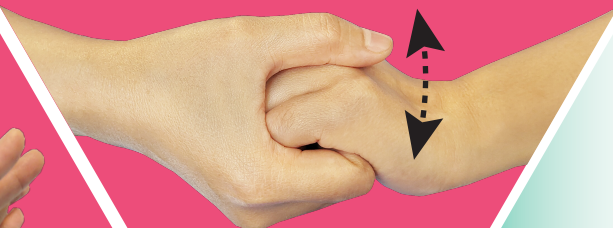
Rub hands for hand hygiene!
Wash hands only when visibly soiled!



Duration of the
entire procedure:
20-30
sec

5

Backs of fingers to opposing palms with fingers interlocked and vice versa



2 Rub hands palm to palm

2



4

Palm to palm with fingers interlaced



3 Right palm over left dorsum with interlaced fingers and vice versa

3



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

6



Before performing hand hygiene:

- Expose forearms
- Remove all hand/wrist jewellery and watch
- Ensure finger nails are clean, short and artificial nail or nail products are not worn
- Cover all cuts or abrasions with water proof dressing

**For the procedure involving the wrist (e.g palpation of the abdomen), additional step on rotational rubbing of wrist clasped in left palm and vice versa should be included*