

# 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.**

Particular attention has to be paid to fingertips and thumbs.



## 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

