



Palms



Back of the hands



Between the fingers



Cuticles



Thumbs



Fingertips

Hygienic hand disinfection

Rubbing method

- Put sufficient disinfectant into your cupped dry hands
- Keep your hands moist the entire time
- Rub your hands and wrists vigorously for 30 seconds
- Pay special attention to the major contact areas, fingertips, thumbs and cuticles
- Add more disinfectant if needed
- Wash your hands in addition only if there is visible dirt

i Hygienic hand disinfection should be continued for at least 30 seconds.

pem.ottobock.com

ONE

PLANNING
EQUIPPING
MATERIALS

Quality for life