**Best Practice: how to hand rub**

Duration of the process: 20-30 seconds.

1. **Apply a palmful of the product in a cupped hand and cover all surfaces.**
2. **Rub hands palm to palm.**
3. **Right palm over the back of the other hand with interlaced fingers and vice versa.**
4. **Palm to palm with fingers interlaced.**
5. **Backs of fingers to opposing palms with fingers interlocked.**
6. **Rotational rubbing of left thumb clasped in right palm and vice versa.**
7. **Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.**
8. **...once dry, your hands are safe.**