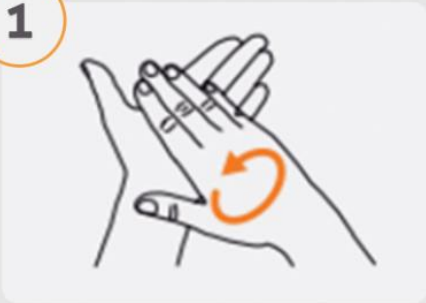


# How To Clean Your Hands

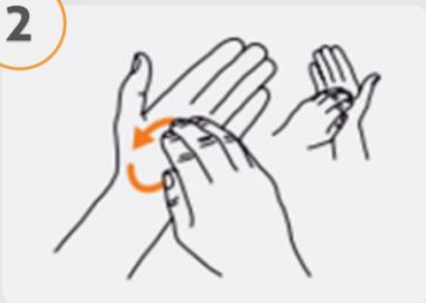
The **New Standard** In How To Clean Your Hands Thoroughly Using Antibacterial Hand Gel Before Treating Your Blisters.

1



**STEP 1:** Cover all surfaces of your hands, back and front, with gel or soapy water.

2



**STEP 2:** Rotate the fingertips of one hand backwards and forwards in the palm of the opposite hand, and vice versa.

3



**STEP 3:** Clasp your thumb and rotate backwards and forwards, and vice versa.

S.Tschudin-Sutter et al. 2017. Simplifying the WHO 'how to hand rub' technique: three steps are as effective as six-results from an experimental randomized crossover trial. [Clinical Microbiology and Infection](#). Volume 23, Issue 6, Pages 409.e1-409.e4



**BLISTER**  
PREVENTION