**7 STEPS TO APPLY ALCOHOL HAND RUB**

1. Palm to palm

2. Right palm over left dorsum and left palm over right dorsum

3. Palm to palm fingers interlaced

4. Backs of fingers to opposing palms with fingers interlocked

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

6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

7. Rotational rubbing of left wrist with right palm and vice versa

Health Care Workers should be aware that hand decontamination is not as effective if rings, wrist watches, nail polish or false nails (including gel/acrylic nails) are worn and therefore these are NOT PERMITTED within the clinical area.