

Alcohol Based Hand Rub

Alcohol-Based Hand Rub (ABHR):

Alcohol rubs/gels/rinses containing more than 60 per cent alcohol are excellent hand disinfectants. They are widely used in health care settings after washing hands or in situations where soap and water are not available.

How Do I Use Alcohol-Based Hand Rub?

1. Alcohol-based disinfectants work best on skin soiled, so wash your hands with soap and water.
2. Carefully dry your hands. Water on your hands will dilute the alcohol content of the disinfectant product, decreasing its effectiveness.
3. Apply a dime-sized amount of disinfectant to your hands. Make sure it is enough that when you rub your hands together you cover all areas of your hands, including your nails. To evenly distribute the disinfectant product, use a rubbing motion for about 15 seconds or until your hands feel dry.

How Safe is Alcohol– Based Hand Disinfectants?

Very safe. The alcohol content of the disinfectant product completely evaporates in 15 seconds. You should also use a lotion after each use. This will balance the drying effect of alcohol on your skin.