Protect yourself from viruses and bacteria: Disinfect hands properly!

1 Apply hand sanitizer to dry hands. Your hands must remain moist the whole time the sanitizer is being rubbed in.
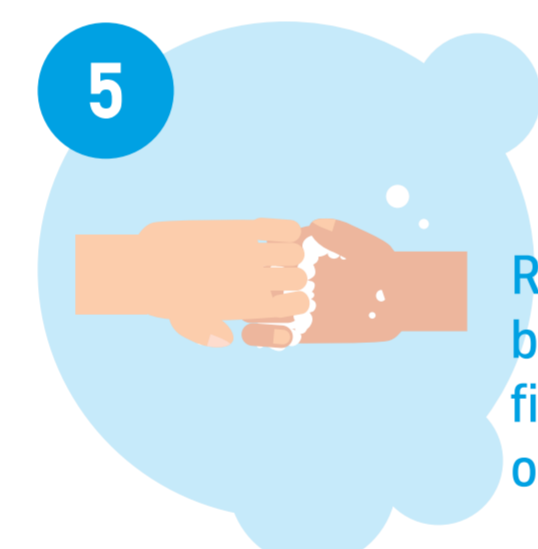
2 Rub your palms and wrists together.

3 Rub the back of each hand with the palm of the other hand.

4 Rub your hands together with your fingers interlaced.

5 Rub with the backs of your fingers to the opposing palms.

6 Rub each thumb by clasping and rotating in the palm of the opposite hand.
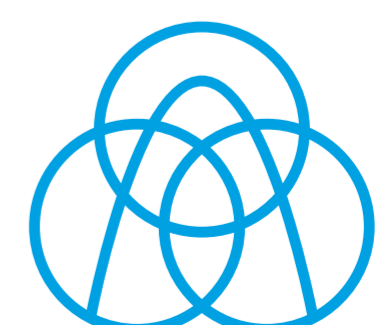
7 Rub clasped fingers of one hand in the opposite palm in a circular motion.

Carry out steps 2 to 7 several times. After disinfecting, do not dry your hands.

Apply hand sanitizer for at least 30 seconds.

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because we care

thyssenkrupp