

PERFORMANCE CHECKLIST

Washing Hands

Name _____

*To be completed by instructor during observation of 100%, unassisted mastery of procedure.
Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.*

Equipment: Soap or soap dispenser, sink, running water, paper towels, waste receptacle

- _____ 1. Assemble equipment if necessary.
- _____ 2. Push sleeves and watch 4-5 inches up on arms.
- _____ 3. Stand back from sink and adjust water temperature until warm.
- _____ 4. Wet wrists and hands without splashing and with fingertips pointed downward.
- _____ 5. Apply soap using friction.
- _____ 6. Lather well, keeping hands lower than elbows.
- _____ 7. Rub hands together in circular motion, being sure to wash between fingers and two inches above wrists.
- _____ 8. Clean under nails by rubbing against palms.
- _____ 9. Wash for at least 10 -15 seconds or longer, if grossly contaminated, according to facility policy.
- _____ 10. Rinse wrists and hands with running water.
- _____ 11. Dry hands thoroughly with paper towel and discard towel into waste receptacle.
- _____ 12. Turn faucets off with new paper towel and discard into waste receptacle.

Pass _____ **Instructor's Signature** _____ **Date** _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005