

## PERFORMANCE CHECKLIST

Name \_\_\_\_\_

### Standard Precautions

*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:** Disposable face mask, protective eyewear, gown, clean gloves, waste receptacle

- \_\_\_\_\_ 1. Wash hands and assemble equipment  
**Putting on and taking off Mask and Protective eyewear.**
- \_\_\_\_\_ 2. Pick up mask by upper ties.
- \_\_\_\_\_ 3. Place mask over nose and mouth.
- \_\_\_\_\_ 4. Place upper strings over ears and tie in bow at back of head.
- \_\_\_\_\_ 5. Tie lower strings in bow at back of neck.
- \_\_\_\_\_ 6. Put protective eyewear over eyes.
- \_\_\_\_\_ 7. Replace mask if it becomes moist or contaminated.
- \_\_\_\_\_ **Mask removal**
- \_\_\_\_\_ 8. Wash hands prior to removal of mask.
- \_\_\_\_\_ 9. Untie lower strings.
- \_\_\_\_\_ 10. Untie upper strings and remove mask by holding top strings.
- \_\_\_\_\_ 11. Discard mask in waste receptacle.
- \_\_\_\_\_ 12. Remove protective eyewear and return to proper place according to facility policy.
- \_\_\_\_\_ 13. Wash hands.

### Putting on gloves and removing gloves

- \_\_\_\_\_ 1. Wash hands.
- \_\_\_\_\_ 2. Remove two gloves from clean container.
- \_\_\_\_\_ 3. Pull on gloves over hands and wrists, using medical asepsis. Medical asepsis includes not letting gloves touch contaminated surfaces or objects while being put on and replacing gloves with obvious holes or tears.
- \_\_\_\_\_ 4. Perform resident care.

### Removing gloves

- \_\_\_\_\_ 1. With dominant hand, remove other glove by grasping it just below wrist.
- \_\_\_\_\_ 2. Pull glove down over non-dominant hand so that it is inside out.
- \_\_\_\_\_ 3. Hold removed glove in gloved hand.
- \_\_\_\_\_ 4. With first two fingers of ungloved hand, reach inside glove without touching outside of glove.
- \_\_\_\_\_ 5. Pull glove down (inside out) over hand and remaining glove.
- \_\_\_\_\_ 6. Discard gloves into waste receptacle.
- \_\_\_\_\_ 7. Wash hands.

### Putting on and removing gown:

- \_\_\_\_\_ 1. Roll uniform sleeves above elbows, if wearing long-sleeved uniform.
- \_\_\_\_\_ 2. Wash hands.
- \_\_\_\_\_ 3. Slip arms into sleeves of gown.
- \_\_\_\_\_ 4. Slip fingers under inside neckband and grasp ties in back.
- \_\_\_\_\_ 5. Tie in bow or fasten Velcro strip.
- \_\_\_\_\_ 6. Grasp edges of gown and pull to back.
- \_\_\_\_\_ 7. Overlap edges, closing opening so that uniform is completely covered.
- \_\_\_\_\_ 8. Tie waist strings in bow or fasten Velcro strip.

### Removing gown:

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- \_\_\_\_\_ 1. Untie waist strings and loosen gown.
- \_\_\_\_\_ 2. Wash hands.
- \_\_\_\_\_ 3. Untie neck strings.
- \_\_\_\_\_ 4. Slip fingers of right hand inside left cuff without touching outside of gown.
- \_\_\_\_\_ 5. Pull gown down over left hand.
- \_\_\_\_\_ 6. Pull gown down over right hand with gown-covered left hand.
- \_\_\_\_\_ 7. Remove gown by rolling it in ball, contaminated side inward.
- \_\_\_\_\_ 8. Dispose of gown in appropriate container.

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. Revised 2005***