

## Checklist: Hand Hygiene

Hand Hygiene	Able to Perform	Unable to Perform
1. Review facility infection prevention and control policies related to hand hygiene and standard precautions.	<input type="checkbox"/>	<input type="checkbox"/>
2. Perform hand hygiene before patient contact and before donning gloves.	<input type="checkbox"/>	<input type="checkbox"/>
3. Remove all hand and wrist jewelry if required by facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Ensure fingernails are clean, short, and free from artificial nails or chipped polish according to Oregon infection control standards.	<input type="checkbox"/>	<input type="checkbox"/>
5. Inspect hands for cuts, abrasions, or skin breakdown and cover any open areas appropriately.	<input type="checkbox"/>	<input type="checkbox"/>
6. Approach the sink without contaminating clothing or surrounding surfaces.	<input type="checkbox"/>	<input type="checkbox"/>
7. Turn on water using a clean paper towel.	<input type="checkbox"/>	<input type="checkbox"/>
8. Adjust water to a comfortable warm temperature. Discard paper towel.	<input type="checkbox"/>	<input type="checkbox"/>
9. Wet hands and wrists thoroughly under running water with fingertips pointed downward.	<input type="checkbox"/>	<input type="checkbox"/>
10. Apply facility-approved soap to hands.	<input type="checkbox"/>	<input type="checkbox"/>
11. Rub hands together vigorously to create lather.	<input type="checkbox"/>	<input type="checkbox"/>
12. Clean all surfaces of the hands including interlacing fingers, palms, backs of hands, wrists, thumbs, and fingertips.	<input type="checkbox"/>	<input type="checkbox"/>
13. Use friction to clean under fingernails as needed.	<input type="checkbox"/>	<input type="checkbox"/>
14. Continue handwashing for at least 20 seconds in accordance with CDC and Oregon infection prevention guidelines.	<input type="checkbox"/>	<input type="checkbox"/>
15. Keep hands lower than elbows while rinsing to allow water to flow from wrists to fingertips.	<input type="checkbox"/>	<input type="checkbox"/>
16. Rinse all soap thoroughly from hands and wrists under running water.	<input type="checkbox"/>	<input type="checkbox"/>
17. Avoid touching the inside of the sink during the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
18. Pat dry hands completely using a clean paper towel. Discard paper towel.	<input type="checkbox"/>	<input type="checkbox"/>
19. Use a clean paper towel to turn off the faucet if hands-free controls are not available.	<input type="checkbox"/>	<input type="checkbox"/>
20. Dispose of paper towels in the appropriate waste container without contaminating clean hands.	<input type="checkbox"/>	<input type="checkbox"/>
21. Apply facility-approved lotion as needed to prevent skin breakdown, if compatible with gloves and infection control policy.	<input type="checkbox"/>	<input type="checkbox"/>
22. Perform alcohol-based hand rub when hands are not visibly soiled and according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
23. Apply the recommended amount of alcohol-based hand sanitizer to palm of one hand.	<input type="checkbox"/>	<input type="checkbox"/>
24. Rub all hand surfaces together for 20 seconds or until dry, including fingertips, thumbs, and between fingers.	<input type="checkbox"/>	<input type="checkbox"/>
25. Allow sanitizer to dry completely before touching the patient, equipment, or applying gloves.	<input type="checkbox"/>	<input type="checkbox"/>
26. Perform hand hygiene after patient contact, after contact with bodily fluids, after glove removal, and after contact with contaminated surfaces.	<input type="checkbox"/>	<input type="checkbox"/>
27. Perform hand hygiene before handling clean supplies or medications.	<input type="checkbox"/>	<input type="checkbox"/>
28. Maintain standard precautions and infection prevention practices throughout	<input type="checkbox"/>	<input type="checkbox"/>

care activities.		
29. Report any skin irritation, dermatitis, or inability to comply with hand hygiene procedures to the supervisor according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
30. Document completion of training or competency evaluation according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>