

Checklist: Handwashing

Handwashing	Able to Perform	Unable to Perform
1. Ensure adequate supply of soap and paper towels. Ensure waste container lined with a plastic bag is available near the sink	<input type="checkbox"/>	<input type="checkbox"/>
2. CDC specifically recommends removing rings, watches, and bracelets for surgical antisepsis. For routine handwashing, minimizing jewelry is recommended	<input type="checkbox"/>	<input type="checkbox"/>
3. Turn on water using paper towel, if preferred or facility's policy, and adjust to a warm temperature. Drop paper towel in waste container, if applicable	<input type="checkbox"/>	<input type="checkbox"/>
4. Stand back from sink to avoid contact with uniform. Wet hands thoroughly with fingertips pointing down	<input type="checkbox"/>	<input type="checkbox"/>
5. Apply soap and create a good lather over hands and wrists. Interlace your fingers to clean between them and under rings, if applicable. Scrub all areas including knuckles and around the wrists for at least 20 seconds	<input type="checkbox"/>	<input type="checkbox"/>
6. Clean under fingernails as needed using facility-approved nail cleaner	<input type="checkbox"/>	<input type="checkbox"/>
7. Rinse hands with fingertips pointed down. Do not shake water from hands	<input type="checkbox"/>	<input type="checkbox"/>
8. Dry your hands completely by patting them with paper towels, and discard the towels without touching the waste receptacle	<input type="checkbox"/>	<input type="checkbox"/>
9. If necessary, turn off the water using a clean, dry paper towel. Drop the towel in waste receptacle	<input type="checkbox"/>	<input type="checkbox"/>
10. Use alcohol-based hand sanitizer when hands are not visibly soiled and according to facility policy	<input type="checkbox"/>	<input type="checkbox"/>