

Skills Checklist: Handwashing

Procedure Steps	Performed	Did not Perform
Ensure adequate supply of soap and paper towels. Ensure waste container lined with a plastic bag is available near the sink		
Remove all rings and jewelry, if possible, or wash well underneath. Remove watch or push up over wrist, if applicable		
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		
Stand back from sink to avoid contact with uniform. Wet hands thoroughly with fingertips pointing down		
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		
Clean under fingernails by rubbing them against the opposite palm to work soap underneath. Clean with an orangewood stick or nail brush, if needed		
Rinse hands with fingertips pointed down. Do not shake water from hands		
Dry your hands completely by patting them with paper towels, and discard the towels without touching the waste receptacle		
If necessary, turn off the water using a clean, dry paper towel. Drop the towel in waste receptacle		
Do not re-contaminate hands at any time during the handwashing procedure. (NOTE: These include touching the sides of the sink or faucet during the procedure, crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)		