

Clinical Competency: Hand washing

Employee: _____ Date: _____

Please Print

Purpose: To cleanse hands to decrease incidence of infection. All staff must wash hands before and after contact with patients, before entering the clinical bag, before and after applying gloves, after entering a patient's home and before leaving.

Procedure: Does the employee?

1. Assemble equipment:
 - a) Liquid Soap
 - b) Paper towels
 - c) Wastebasket
 - d) Warm running water
2. Place a clean paper towel on counter near sink. Put soap on this "clean" area. Place other towels close by.
3. Roll sleeves above elbows and remove watch/jewelry.
4. Turn on faucet. Adjust to warm, comfortable temperature.
5. Wet your hands and wrists. Keep your hands lower than elbows with fingertips pointing downward. Avoid touching sides of sink during washing. If your hands accidentally touch the side of the sink, start over.
6. Apply liquid soap. Bar soap harbors micro-organisms.
7. Lather hands and wrists well, covering all areas. Clean between fingers and under nails.
8. Use a rotating and rubbing friction motion for fifteen seconds:
 - a) Rub palms together vigorously
 - b) Rub between fingers
 - c) Rub to reach all skin surfaces
 - d) Rub tips of fingers against palm to clean around nail beds
9. Rinse hands and wrists under running water keeping hands below elbows to prevent water from running up arms.
10. Dry hands and wrists thoroughly with paper towels.
11. Use a dry paper towel to turn off faucet. Do not touch faucet with hands after washing.
12. Discard paper towels into the wastebasket.

Has the employee demonstrated competency in this procedure? ☐ Yes ☐ No

Employee: _____ Date: _____
Signature

Manager: _____ Date: _____
Signature