

Checklist for Procedure 1 Handwashing

Name _____ Date _____

School _____

Instructor _____

Course _____

Procedure 1 Handwashing	Able to Perform	Able to Perform with Assistance	Unable to Perform	Initials and Date
1. Check that there is an adequate supply of soap and paper towels. Be sure a waste container lined with a plastic bag is available near the sink. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Remove rings, if possible, or wash well underneath. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Remove watch, or push up over wrist. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Turn on the faucet. Use a paper towel to do so if this is your preference or facility policy. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Adjust water to a warm temperature. Once used, drop the paper towel in the waste container. Stand back from the sink to avoid contact with your uniform. Wet your hands, keeping your fingertips pointed downward (Figure 13-4A). <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Apply soap and lather over your hands and wrists, between fingers, and under rings. Use friction and interlace your fingers (Figure 13-4B). Work lather over every part of your hands and wrists. Clean your fingernails by rubbing them against the palm of the other hand to force soap under the nails (Figure 13-4C). Clean them with an orangewood stick or nail brush, if needed. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Rinse hands with your fingertips pointed down. Do not shake water from hands. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. Dry hands thoroughly with a clean paper towel. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Procedure 1	Able to Perform	Able to Perform with Assistance	Unable to Perform	Initials and Date
9. Turn off the faucet with a clean, dry paper towel (Figure 13-4D); drop the towel in the waste container. <i>Comments:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	