CHAPTER 10 PROCEDURE CHECKLISTS

PROCEDURE 10-1
Handwashing (Hand Hygiene)

1. Gather needed supplies, if not present at the handwashing area: soap or the cleansing agent specified by your facility, hand lotion (optional), paper towels, a nailbrush (optional), an orange stick (optional).

2. Stand away from the sink, so that your uniform does not touch the sink. Push your sleeves up your arms 4 to 5 inches; if you are wearing a watch, push it up too.

3. Use a clean paper towel to turn on the faucet, adjusting the water temperature until it is warm. Dispose of the paper towel in a facility-approved waste container.

4. Wet your hands, keeping your fingers pointed down. This will cause the water to run off your fingertips and into the sink. Do not allow water to run up your forearms.

5. Press the hand pump or step on the foot pedal to dispense the cleaning agent into one cupped hand.

6. Lather well, keeping your fingers pointed down at all times. Make sure the lather extends at least 1 inch past your wrists.

7. Rub your hands together in a circular motion, washing the palms and backs of your hands. Interlace your fingers to clean the spaces between your fingers. Continue for at least 15 seconds.

8. Rub the fingernails of one hand against the palm of the opposite hand to force soap underneath the tips of the fingernails, or clean underneath the tips of the fingernails with the blunt edge of an orange stick or a nailbrush.

9. Rinse your hands, keeping your fingers pointed down at all times.

10. Dry your hands thoroughly with a clean paper towel. Dispose of the paper towel in a facility-approved waste container, being careful not to touch the container.

11. With a new paper towel, turn off the faucet. Carefully dispose of the paper towel.
12. As you leave the handwashing area, if there is a doorknob, open the door by covering the doorknob with a clean paper towel. If there is no doorknob, push the door open with your hip and shoulder to avoid contaminating your clean hands.

13. After leaving the handwashing area, apply a small amount of hand lotion to keep your skin supple and moist.