



# Skills Modules 3.0 Checklist

## Infection Control: Performing Hand Hygiene

### Step by Step

SATISFACTORY /

UNSATISFACTORY

EVALUATOR'S COMMENTS

### *Performing Hand Hygiene: Soap and Water*

Inspect hands for cuts and abrasions.

Ensure nails are no longer than 0.625 cm (1/4 in) long.

Push watch and uniform sleeves above wrists. Remove rings.

Stand in front of sink, being careful not to let uniform touch the sink.

Turn on water, modify flow rate, and adjust temperature until water is warm.

Without splashing uniform, wet hands and wrists thoroughly, keeping hands and forearms below the elbows.

Dispense 1 teaspoon of liquid soap into hands. Lather soap.

Rub hands together using firm circular motions for 15 to 20 seconds. Wash all surfaces of the hands including palms, backs of hands, fingers, and in between each finger.

Wash to at least 2.54 cm (1 in) above the wrist.

Clean under fingernails using fingernails of opposite hand or disposable nail pick.

Rinse hands and wrists keeping fingertips down.

Raise hands above elbows.

Using a paper towel, pat both hands dry from the fingertips to the wrists. Discard wet paper towel.

Using a clean, dry paper towel, turn off water. Discard paper towel.

**Step by Step**SATISFACTORY /  
UNSATISFACTORY

EVALUATOR'S COMMENTS

*Performing Hand Hygiene: Soap and Water*

Inspect hands for cuts and abrasions.

Ensure nails are no longer than  
0.625 cm (1/4 in) longPush watch and uniform sleeves  
above wrists. Remove rings.Using manufacturer's recommendations,  
dispense proper amount of product into hand.Rub all surfaces of the hands together  
until dry. Include palms, backs of hands,  
fingers, and in between each finger.*References*

Perry, A.G., Potter, P.A., & Ostendorf, W.R. (2018). *Clinical nursing skills and techniques* (9th ed.). St. Louis, MO: Elsevier. pp. 244-246.

Lynn, P. (2019). *Taylor's clinical nursing skills: A nursing process approach* (5th ed.). Philadelphia, PA: Wolters Kluwer. pp. 10-13.