

# Hand Hygiene (Ambulatory) – CE

## Checklist

S = Satisfactory      U = Unsatisfactory      NP = Not Performed

Step	S	U	P	Comments
1. Inspected the surface of the hands for dermatitis or breaks or cuts in the skin or cuticles.				
2. Inspected the hands for visible soiling.				
3. Inspected the condition of the nails. Ensured that fingernails were short, filed, and smooth. Removed artificial nails, if worn.				
4. Covered any skin lesions before providing patient care.				
5. Pushed long uniform sleeves above the wrists. If jewelry was worn on the hands or arms, removed it during hand hygiene.				
<b>Hand Antisepsis Using an Instant Alcohol Waterless Antiseptic Rub</b>				
1. Dispensed the recommended amount of product per the manufacturer's instructions into the palm of one hand.				
2. Rubbed the hands together, covering all surfaces of the hands and fingers with antiseptic rub.				
3. Rubbed the hands together until the alcohol was dry. Allowed the hands to completely dry before donning gloves. Performed hand hygiene with an instant alcohol waterless antiseptic rub, from start to dry, for 20 to 30 seconds.				
<b>Handwashing Using Plain or Antimicrobial Soap and Water</b>				
1. Stood in front of a sink, keeping the hands and uniform away from the sink surface.				
2. Turned on the water. Turned on the faucet, pressed the knee or foot pedal, if available.				
3. Avoided splashing water on the uniform.				
4. Regulated the temperature to ensure that the water was warm.				
5. Wet the hands and wrists thoroughly under the running water. Kept the hands and forearms lower than the elbows during washing.				
6. Applied the recommended amount of soap or antiseptic to the hands according to the manufacturer's instructions.				
7. Lathered hands thoroughly.				
8. Applied friction and performed handwashing for at least 15 seconds or for the length of time stated in the manufacturer's instructions. Interlaced the fingers and rubbed the palms and back of the hands together using a circular motion for at least five cycles. Kept the fingertips down.				

# Hand Hygiene (Ambulatory) – CE

## Checklist

S = Satisfactory      U = Unsatisfactory      NP = Not Performed

Step	S	U	P	Comments
9. Cleaned the areas under the fingernails with the fingernails of the other hand and additional soap or cleaned them with a disposable nail cleaner.				
10. Rinsed the hands and wrists thoroughly, keeping the hands down and the elbows up.				
11. Dried the hands thoroughly from the fingers to the wrists with a paper towel, single-use cloth, or warm air dryer.				
12. To turn off the hand faucet, used a clean, dry paper towel. Turned off the water with the foot or knee pedals, if applicable.				
13. Discarded the paper towel or single-use cloth, if used, in the proper trash receptacle.				
14. Applied an organization-approved lotion or barrier cream to hands.				
15. Reinspected the surface of hands for obvious signs of dirt or other contaminants.				

Learner: \_\_\_\_\_ Signature: \_\_\_\_\_

Evaluator: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_