

Hand Hygiene Checklist A

Observational tool for hand washing practice.

| Criteria | Yes | No | Comments |
|--|-----|----|----------|
| 1. All jewellery and watches are removed, and sleeves rolled up if necessary | | | |
| 2. Fingernails are short with no nail extensions | | | |
| 3. The water is turned on and the temperature checked, and adjusted to warm where possible | | | |
| 4. Hands are wet under continuously running water | | | |
| 5. Liquid soap is applied to wet hands | | | |
| 6. Hands are rubbed together to create a lather | | | |
| 7. The lather is rubbed over all surfaces of the hands for 10-15 seconds, including the thumbs, between the fingers, fingertips and the wrist. | | | |
| 8. Splashing of clothing and floor is minimised | | | |
| 9. Hands are rinsed thoroughly | | | |
| 10. Taps are turned off using wrist/elbow levers or using a clean paper towel | | | |
| 11. Hands are patted dry thoroughly with paper towels | | | |
| 12. Paper towels are disposed of in an appropriate bin without contaminating hands (using a foot pedal or paper towel to open the bin) | | | |