

## Hand Hygiene and Personal Protective Equipment SKILLS CHECKLIST

<b>Hand Hygiene</b>	
<b>Alcohol-based Hand Rub</b> <i>do not use if hands are visibly soiled</i>	<b>Completed</b>
1. Apply one pump or a nickel sized amount of product into palms of dry hands	
2. Rub product into hands <ul style="list-style-type: none"> <li>▪ Palm to palm</li> <li>▪ Rub fingertips of each hand in opposite palm</li> <li>▪ Between &amp; around fingers</li> <li>▪ Rub each thumb clasped in opposite hand</li> <li>▪ Rub back of each hand with opposite palm</li> </ul>	
3. Rub hands until dry before performing task <b>DO NOT WIPE OFF</b>	
<b>Hand Washing</b>	
1. Wet hand under warm running water	
2. Apply soap	
3. Rub hands together vigorously for 15 seconds to create a good lather: <ul style="list-style-type: none"> <li>▪ Palm to palm</li> <li>▪ Rub fingertips of each hand in opposite palm</li> <li>▪ Between &amp; around fingers</li> <li>▪ Rub each thumb clasped in opposite hand</li> <li>▪ Rub back of each hand with opposite palm</li> </ul>	
4. Rinse hands thoroughly under warm running water	
5. Pat hands dry with a paper towel	
6. Turn off faucet using a paper towel	

<b>Personal Protective Equipment (PPE)</b>	
<b>Donning PPE</b> <i>prior to entering room/bed space</i>	<b>Completed</b>
1. <b>Perform hand hygiene*</b>	
2. <b>Gown</b> <ul style="list-style-type: none"> <li>• Don long-sleeved gowns with opening to back</li> <li>• Tie first at the neck and then at the waist.</li> </ul>	
3. <b>Mask/respirator</b> <ul style="list-style-type: none"> <li>• Perform seal check (if N95 respirator) to ensure correct fit.</li> <li>• Reapply prescription glasses if removed to apply mask</li> </ul>	
4. <b>Facial protection</b> <ul style="list-style-type: none"> <li>• Eye shields</li> <li>• Goggles</li> <li>• Or full-face shield</li> </ul>	
5. <b>Gloves</b> <ul style="list-style-type: none"> <li>• Pull gloves over the gown cuffs</li> </ul>	
<i>*if using only one piece of PPE remember to perform hand hygiene before donning that piece of PPE</i>	

Doffing PPE	Completed
<p><b>1. Gloves</b></p> <ul style="list-style-type: none"> <li>• Remove <i>before</i> leaving room or bed space</li> <li>• Remove using “glove to glove, skin to skin technique”</li> <li>• Put gloves into garbage</li> <li>• Perform hand hygiene</li> </ul>	
<p><b>2. Gown</b></p> <ul style="list-style-type: none"> <li>• Remove <i>before</i> leaving room or bed space</li> <li>• Untie at neck first, then waist ties of the gown</li> <li>• Scoop fingers under the cuff and pull cuff over the hand</li> <li>• Using the gown-covered hand, pull the gown down over the other hand</li> <li>• Pull off the gown without touching the outside of the gown</li> <li>• Roll gown inside out</li> <li>• Dispose of gown in the garbage or laundry hamper</li> <li>• Perform hand hygiene</li> </ul>	
<p><b>3. Eye Protection</b></p> <ul style="list-style-type: none"> <li>• Remove <i>after</i> leaving room or bed space</li> <li>• Take off eye protection using handles</li> <li>• Place in reprocessing bin or garbage</li> <li>• Perform hand hygiene</li> </ul>	
<p><b>4. Mask or N95 Respirator</b></p> <ul style="list-style-type: none"> <li>• Remove mask <i>after</i> leaving room or bed space; remove respirator only after leaving room</li> <li>• Remove using loops bands or ties</li> <li>• Do not touch front mask or respirator</li> <li>• Put mask/respirator into garbage</li> <li>• Perform hand hygiene</li> </ul>	

<p>Learner’s name:  <i>Please print</i></p>	<p>Date:</p>
<p>Learner’s signature:</p>	<p>Monitor’s signature:</p>