



### Hand Washing Check List

Good hand washing is one of the most important ways of preventing infections. This tool can be used for orientation, education purposes or as an audit in your facility.

	Yes	No	Comments
1. Soap and paper towels are at sink area			
2. Jewelry (i.e.: rings, watches)off, Sleeves up			
3. Nails short(<1/4" long) , no artificial nails			
4. Skin on hands intact			
5. During process hands do not touch sink or faucet			
6. Hands washed for duration of at least 15 seconds.			
7. Proper movement and friction is used.			
- Wets hands with warm running water.			
- Applies soap thoroughly, covering all surfaces of hands and fingers getting under nails.			
- Rubs fingertips against palms of hands to remove any substance and clean underneath the fingernails.			
- With a rotating frictional motion, rubs hands together			
- Washes at least 5 -7.5 cm above the wrist.			
- Interlaces fingers and rubs them up and down to wash the spaces between the fingers			
- Rinse hands thoroughly.			
8. Hands remain uncontaminated when obtaining a towel.			
9. Hands are dried thoroughly using disposable towels.			
10. Towel is utilized to turn off water faucet.			
11. Towels are discarded in appropriate receptacles			

**Note: A hand hygiene product (alcohol-based hand rub) may be used (i.e.: when giving influenza immunization, or on the medication cart for use during medication passes) to clean hands unless hands are visibly soiled. Apply product (amount as per manufacturer’s recommendation) to palm of one hand and rub hands together covering all surfaces of hands and fingers until hands are dry. Wash hands with soap and water as per the direction on the hand hygiene container.**



### Hand Washing Check List (continued)

The need for hand washing depends on the type, intensity, and duration of resident contact or contact with articles considered contaminated. Following are examples of when hands should be washed.

**Before**

**After**

1.	Your shift starts.	1.	The end of your shift.
2.	Doing any personal care of a resident and between procedures for the same resident i.e.: peri care and mouth care.	2.	Doing any personal care of a resident.
3.	Caring for a susceptible resident i.e.: reduced immune response.	3.	Doing care for a susceptible resident.
4.	Performing invasive procedures such as administering injections, catheterization and suctioning.	4.	Performing invasive procedures such as administering injections, catheterization and suctioning.
5.	Handling dressings or touching open wounds.	5.	Handling dressings or touching open wounds.
6.	Feeding a resident.	6.	Feeding a resident.
7.	Changing an incontinent resident.	7.	Changing an incontinent resident.
8.		8.	Touching excretions (feces, urine, or material soiled with them) or secretions (from wounds, skin infections, etc.)
9.		9.	Touching a source that is likely to be contaminated, such as bedpans, urinals, emesis basins, soiled linens, waste receptacles, soiled dishes, thermometers, etc.
10.	Preparing medications and as appropriate throughout the medication distribution.	10.	
11.	Handling sanitized dishes and utensils.	11.	Handling soiled dishes and utensils.
12.	Food handling and preparation.	12.	Food handling and preparation.
13.	Handling clean linens and clothes	13.	Handling soiled linens and laundry
14.	Washing resident care equipment and supplies.	14.	Washing resident care equipment and supplies.
15.		15.	Wiping spills on the floor.
16.	Breaks (including before eating, drinking, handling food and smoking and using toilet facilities).	16.	Breaks (including eating, drinking, handling food, smoking and using toilet facilities).
17.		17.	Use of gloves
18.		18.	Touching hair, coughing, sneezing or blowing the nose.

**In general hand wash when in doubt about necessity of doing so!**

References:

Centers for Disease Control and Prevention. Guideline for Hand Hygiene in Health Care Settings: Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002:51 (No. RR-16) 1-45.

Red River College HealthCare Aide Course material.

Health Canada, (December 1998). Infection Control Guidelines Hand Washing, Cleaning, Disinfection and Sterilization in Health Care. Volume 24S8: