

Routine Practices

Routine Practices Return Demonstration Skills Checklist

Learner's Name: _____


Date: _____

Hand Hygiene	
Alcohol Based Hand Rub	
<i>Should not be used if hands are visibly soiled.</i>	
1. Apply a dime-sized amount (2-3 ml) of product into palms of dry hands	
2. Rub product into hands <ul style="list-style-type: none"> ▪ Palm to palm ▪ Rub fingertips of each hand in opposite palm ▪ Rub between & around fingers ▪ Rub each thumb clasped in opposite hand ▪ Rub back of each hand with opposite palm 	
3. Rub hands until dry before performing another task DO NOT WIPE OFF	
Hand Washing	
1. Wet hands under warm running water.	
2. Apply soap and distribute over hands.	
3. Rub hands together vigorously for 15 seconds to create a good lather: <ul style="list-style-type: none"> ▪ Palm to palm ▪ Rub fingertips of each hand in opposite palm ▪ Rub between & around fingers ▪ Rub each thumb clasped in opposite hand ▪ Rub back of each hand with opposite palm 	
4. Rinse hands thoroughly under warm running water.	
5. Pat hands dry with a paper towel.	
6. Turn off faucet using a paper towel.	



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Applying and Removing Personal Protective Equipment (PPE)	
Applying PPE prior to entering patient room/bed space*	
<ul style="list-style-type: none"> ▪ Perform hand hygiene. ▪ Put on long-sleeve gown with opening at back. ▪ Tie neck and waist ties. ▪ Apply mask/respirator. ▪ Perform seal check (if N95 respirator) to ensure correct fit. ▪ Apply eye protection ▪ Apply gloves, pulling gloves up over gown cuffs 	
Removing PPE*	
GLOVES: BEFORE leaving patient room/bed space	
<ul style="list-style-type: none"> ▪ Remove gloves using “glove-to-glove, skin-to-skin” technique. ▪ Discard gloves into garbage. 	
GOWN: BEFORE leaving patient room/bed space	
<ul style="list-style-type: none"> ▪ Untie neck tie first, then waist ties on the gown. ▪ Scoop fingers under cuff and pull cuff over hand. ▪ Using the gown-covered hand, pull the gown down over the other hand. ▪ Pull the gown off without touching the outside ▪ Roll gown inside out ▪ Dispose of gown into the garbage or laundry hamper. ▪ Perform hand hygiene. 	
EYE PROTECTION: AFTER leaving patient room/bed space	
<ul style="list-style-type: none"> ▪ Take off eye protection using handles ▪ Place in reprocessing bin or garbage 	
MASK or N95 RESPIRATOR: AFTER leaving patient room/bed space	
<ul style="list-style-type: none"> ▪ Remove using loops or ties. ▪ Do not touch mask or respirator ▪ Place into garbage. ▪ Perform hand hygiene. 	

*** When performed as individual tasks - hand hygiene should be performed before touching clean PPE and after touching contaminated PPE.**

Learner's Name:		Date:	
Learner's Signature:		Assessor's Name:	

