

### ACTIVITY #4 Handwashing Check-off

Steps	Performed Correctly?	
	Yes	No
1. Either remove watch or push it up higher on your arm.		
2. Do not lean against the sink and do not touch the inside of the sink with your hands or wrists during the hand wash.		
3. Wet hands with warm water, pointing your fingertips down.		
4. Apply about a teaspoon of hand soap to the palm of your hand.		
5. Wash all surfaces of the hands and wrists, using friction, for a minimum of 20 seconds, including:		
(palms, backs of hands, between fingers, wrists, fingers, thumbs, and under nails)		
5a. Palm to palm		
5b. Right palm over left back of hand, then switch		
5c. Palm to palm with fingers interlaced		
5d. Backs of fingers of one hand to other hand palm with fingers interlocked		
5e. Rotational rubbing of left thumb clasped in right palm, then switch		
5f. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm, then switch		
5g. Grasp right wrist with left hand, then switch		
6. Rinse hands with water, pointing your fingertips down, without touching the sink.		
7. Use one dry paper towel to dry hands.		
8. Use a new paper towel to turn off water and open door.		
9. Throw paper towels in trash.		

Name of Person Performing Skill \_\_\_\_\_

Name of Person Observing Skill \_\_\_\_\_