



LOMA LINDA UNIVERSITY
 MEDICAL CENTER
 Staff Development

Competency Library Series

Hand Hygiene Skills Checklist

Hand Hygiene Skills Checklist
 U:COMP 2146

Instructions: Take this skills check-off sheet to your Educator, Supervisor, Manager, or Director. He or she will observe you performing hand hygiene with soap/water **and** alcohol hand gel, and document your competence.

Performance Standard Post-Test <i>The employee shall be able to demonstrate the following skills.</i>	Meets the Standard <i>(Sup/Ed. Initials)</i>		
	Yes	No	N/A
When performing both of the below skills, be sure to include thumbs and fingernails. If wearing long sleeves, make sure to push them up to clean above wrists.			
1. Alcohol Hand Gel: <ul style="list-style-type: none"> • Put product on hands and rub hands together • Cover all surfaces and rub until hands feel dry • This should take around 20 seconds 			
2. Soap and Water: <ul style="list-style-type: none"> • Wet your hands first with cold or warm water • Apply the amount of product recommended by the manufacturer to your hands • Rub your hands together vigorously for at least 20 seconds, covering all surfaces of the hands and fingers • Rinse your hands with cold or warm water • Dry your hands using a clean paper towel • Use a second paper towel to turn off the faucet (if it is not automatic or controlled by foot pedals) • Avoid using hot water, to prevent drying of skin • Apply hospital approved lotion only as needed 			

Employee Name (print): _____ Unit/Department: _____

Employee signature _____

Employee ID (Badge number) _____

Date: _____

Supervisor/Educator signature _____ Initials _____