

# Hand Washing and Sanitizing Competency

Name of Facility: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Observed by: \_\_\_\_\_

Circle one: Pass Fail

Hand Washing Procedure	Yes	No	Comments
1. Wet your hands with clean, running water (warm or cold).			
2. Apply soap			
3. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Plain soap is just as effective as antibacterial soap.			
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.			
5. Rinse hands well under clean running water.			
6. Dry hands using a disposable paper towel or air dry.			
7. Turn off the faucet using a paper towel.			

Alcohol Based Hand Sanitizer (ABHS) Procedure	Yes	No	Comments
1. Apply enough hand rub to adequately cover both hands (read label for correct amount).			
2. Return hand rub container to safe area out of reach.			
3. Rub the ABHS over all surfaces of your hands and fingers until your hands are dry. This usually takes 20 seconds.			

If failed, explain the remediation completed or the follow up plan.