

Hand Hygiene Quiz

1. There are two ways of performing hand hygiene – alcohol-based hand sanitizer and soap and water.
 - a. True
 - b. False
2. What is the most important aspect of using soap and water for performing hand hygiene?
 - a. Soap
 - b. Water
 - c. Time
 - d. Friction
3. Visibly soiled hands should be cleaned by using:
 - a. Alcohol-based hand sanitizer
 - b. Soap and water
4. The primary purpose of hand hygiene is to:
 - a. Reduce microorganisms on hands
 - b. Keep hands clean
 - c. Keep nails clean
 - d. Maintain skin integrity
5. Hand hygiene is to be performed in which of these situations:
 - a. Before and after contact with a resident or their environment
 - b. After removing gloves
 - c. After touching facemask
 - d. All of the above
6. When washing hands, you should turn off the faucet using a paper towel.
 - a. True
 - b. False
7. The preferred method of hand hygiene for most resident care activities is:
 - a. Alcohol-based hand sanitizer
 - b. Soap and water
8. It is not necessary to perform hand hygiene between feeding two (2) residents.
 - a. True
 - b. False
9. Proper technique for using alcohol hand sanitizer includes:
 - a. Put enough sanitizer on your hands to cover all surfaces
 - b. Rub your hands together, going between fingers, on top of hands, and over thumbs
 - c. Continue to rub hands until they feel dry; at least 20 seconds
 - d. All of the above
10. Hand hygiene is one of the most important steps that I can do to help protect myself, my residents and my loved ones from infections.
 - a. True
 - b. False