

Routine hand hygiene: checklist Page 1

This checklist can be used for assessment or as a developmental tool. If used for assessment, education staff will need to set the pass mark. However detailed a checklist is, assessment will always be subjective, so input from the moderator and assessors will help to determine whether a candidate passes. Some checklists include suggested questions for the assessor to ask—notably where it may be difficult to determine what the candidate is doing when looking at or examining the patient.

Practitioner's/student's name: _____ Date: _____

	Achieved	Not achieved	Not undertaken	Comment
1. Short-sleeved clothing is worn.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Any cuts or abrasions are covered with a waterproof dressing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Wets hands, if washing hands with soap and water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Applies soap or alcohol-based sanitiser as appropriate. If using alcohol-based sanitiser, go to step 7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. If using soap: lathers the soap well for a minimum of 10–15 seconds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. If using soap: hands remain away from the running water while lathering.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. Rubs hands palm to palm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. Rubs the palm of one hand over the back of the other hand with fingers overlaced and vice versa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. Decontaminates the interdigital spaces by interlacing the fingers with hands palm to palm and rubbing vigorously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. Interlocks the fingers in opposing palms and rub vigorously to decontaminate the backs of the fingers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. Rotates the right hand around the left thumb and vice versa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. Rubs the fingertips of the left hand in the palm of the right hand and vice versa.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. Rotates the right hand around the left wrist and vice versa. Assessor: If practitioner/student is using alcohol-based sanitiser, go to step 18.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. If washing hands, rinses hands and wrists thoroughly under running water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15. Turns off hand-operated taps with paper towels. Uses elbow to turn off elbow-operated taps.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Routine hand hygiene: checklist and assessor questions Page 2

Practitioner's/student's name: _____ Date: _____

	Achieved	Not achieved	Not undertaken	Comment
16. Dries hands thoroughly with fresh paper towels.				
17. Disposes of the paper towels as domestic waste after use.				
18. If using alcohol-based sanitiser, continues rubbing until it has fully evaporated, and all steps (7–13) have been carried out.				

Assessor questions	Suggested answers	Score
1. Name the five critical moments for hand hygiene.	<ul style="list-style-type: none"> • Immediately before each episode of direct patient contact or care, including clean/aseptic procedures; • Immediately after each episode of direct patient contact or care; • Immediately after contact with body fluids, mucous membranes and non-intact skin; • Immediately after other activities or contact with objects or equipment in the immediate patient environment that may result in the hands becoming contaminated; • Immediately after the removal of gloves. (maximum 5 marks) 	
2. When would you use soap and water for routine hand hygiene, rather than alcohol-based hand sanitiser?	<ul style="list-style-type: none"> • When the hands are visibly soiled; • When caring for patients with vomiting or diarrhoea; • After using the toilet; • Before handling food; • After several applications of alcohol-based sanitiser (follow local policy/manufacture's guidelines). (maximum 5 marks) 	

Checklist score.....out of maximum possible score of 11 (if using alcohol-based hand sanitiser) or 17 (if using soap and water).

Assessor questions score.....out of maximum possible score of 10.

Total score (checklist score + assessor questions score).....out of maximum possible score of =% Requires reassessment? YES/NO

Overall comments:

Assessor's name: _____ Signature: _____

Moderator's name: _____ Signature: _____