



Handwashing Competency Check List

Technique Steps	Satisfactory	Unsatisfactory
Inspect hands for cuts, open areas on skin, or soiling.		
Remove watch or push up above the wrist. Remove jewelry on hands and wrists.		
Turn warm water faucet on.		
Avoid touching surfaces inside sink while washing hands.		
Wet hands and wrists with warm water while holding forearms, hands and fingers pointing downward toward sink.		
Apply soap and cleanse hands for at least 20 seconds. Apply friction to wrists, cuticles, under nails and all hand surfaces. <i>Sing the Happy Birthday song three times.</i>		
Rinse hands and wrists.		
Leave water running and use a single paper towel at a time to dry each hand from the fingers of the hand towards the wrist and forearms. Do not use the paper towel in a backward direction to dry the hands and only touch areas that were cleaned during the handwashing.		
Dispose of the paper towel without recontamination of the hands by dropping the paper towel from the hand into the wastepaper basket.		
Use a clean paper towel to shut off the faucets.		