



9040 Town Center Parkway Lakewood Ranch, FL 34202
941-487-3665 | www.rightaccordhealth.com

COMPETENCY CHECKLIST (HANDWASHING)

Name of Employee: _____

Date: _____

Evaluator: _____

CRITERIA	MET	NOT MET	COMMENTS
1. Assemble the following equipment. Equipment used for handwashing is found at every sink in most health care facilities such as soap (liquid or bar), paper towels, and faucet with running water and trash can.			
2. You will be using a total of 6 paper towels for this procedure. Use a clean paper towel to turn on the water and adjust temperature. Throw soiled paper towel in the garbage can. (Paper Towel #1)			
3. Apply soap (liquid soap is preferred).			
4. Hold hands lower than elbow while washing.			
5. Work up a good lather and spread it over the entire area of hands and wrists. Wash up to 2 inches above the wrists.			
6. Rub your hands together in a circular motion and wash carefully between your palms, fingers and back of hands for 15 seconds (Sing Happy Birthday in your head twice) • Rub vigorously • Rub your hands together in a circular motion to generate friction and rub in between fingers by interlacing them. • Rub up and down to reach all skin surfaces of your hands and wrists. • Rub fingernails against the palm of the other hand to force soap under the nails. Be sure to clean under fingernails.			