



NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: _____

Washing Hands - 3.01A

This skill must be performed during NNAAP® testing

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Liquid soap, soap dispenser, sink, running hot and cold water, paper towels, waste receptacle

- | | |
|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1. Address resident by name and introduce yourself to resident by name |
| | 2. Push sleeves up 4-5 inches on arms, push watch up 4-5 inches on wrist or remove watch and place on a clean paper towel |
| | 3. Turn on water at sink and adjust water to a warm temperature |
| | 4. Wet hands, fingers, and wrists thoroughly without splashing and with fingertips pointed downward |
| | 5. Apply soap to hands after wetting hands |
| | 6. *Form <u>LATHER</u> on all surfaces of hands, wrist, and fingers. Create friction by rubbing in a circular motion for at least <u>20</u> seconds, <u>keeping hands lower than the elbows and the fingertips down.</u> |
| | <input type="checkbox"/> Rub palms together |
| | <input type="checkbox"/> Rub palm of one hand to the back of the other |
| | <input type="checkbox"/> Interlace fingers and rub back and forth, be sure to include thumbs |
| | <input type="checkbox"/> Wash two inches above the wrist |
| | <input type="checkbox"/> If grossly contaminated, wash hands the length of time stated in facility policy |
| | 7. Take additional time to clean fingernails by rubbing fingertips against palms of the opposite hand. <i>Cleaning fingernails is NOT a part of the 20 second lathering/washing.</i> |
| | 8. *After lathering for at least <u>20</u> seconds, and cleaning fingernails, rinse all surfaces of wrists, hands, and fingers keeping hands lower than elbows and the fingertips down |
| | 9. Uses clean, dry paper towel to dry all surfaces from tips of fingers to wrist THEN dispose of paper towel into waste container |
| | 10. Use clean, dry paper towel to turn off faucet then disposes of paper towel into waste container or use knee/foot control to turn off water |
| | 11. Do not touch inside of sink at any time |

Instructor's Initials: _____ Date: _____