



## Resident Handwashing Competency

How to Wash Hands with Soap and Water	
Steps	Passing / Additional Training Needed
1. Explain procedure to your resident and assist resident as needed to turn on faucet with a clean paper towel.	
2. Ensure that resident is comfortable with water temperature.	
3. Assist resident as needed to keep arms angled down and hold hands lower than elbows as they proceed to wet their hands and wrists.	
4. Assist resident as needed to apply soap to cover all surfaces of the wrists and hands.	
5. Assist resident as needed to vigorously rub hands together and work up a lather. This must last for at least 20 seconds and cover all areas of the hands and fingers.	
6. Assist resident as needed to rub hands palm to palm. Left palm over the top of the right hand with fingers interlacing, and vice versa. Ensure this is palm to palm with interlacing of the fingers.	
7. Assist resident as needed to ensure backs of fingers are cleaned as well in the process of rubbing hands palm to palm with interlocked fingers. Rub rotationally back and forward with clasped fingers of left hand in right palm and vice versa. Clean fingernails in this process as well.	
8. Assist resident as needed to rinse their hands with water while angling hands down from wrists to fingertips.	
9. Assist resident as needed to dry hands, fingers, wrists thoroughly with a clean single use towel or paper towel. Use towel to turn the faucet off. Discard towel properly.	

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Signature of Staff Member Completing Competency

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Date

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Signature of Instructor

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Date