

# Routine Practices

## Routine Practices Return Demonstration Skills Checklist

Learner's Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Hand Hygiene</b>	
<b>Alcohol Based Hand Rub</b>	
<i>Should not be used if hands are visibly soiled.</i>	
1. Apply a dime-sized amount (2-3 ml) of product into palms of dry hands	
2. Rub product into hands <ul style="list-style-type: none"> <li>▪ Palm to palm</li> <li>▪ Rub fingertips of each hand in opposite palm</li> <li>▪ Rub between &amp; around fingers</li> <li>▪ Rub each thumb clasped in opposite hand</li> <li>▪ Rub back of each hand with opposite palm</li> </ul>	
3. Rub hands until dry before performing another task DO NOT WIPE OFF	
<b>Hand Washing</b>	
1. Wet hands under warm running water.	
2. Apply soap and distribute over hands.	
3. Rub hands together vigorously for 15 seconds to create a good lather: <ul style="list-style-type: none"> <li>▪ Palm to palm</li> <li>▪ Rub fingertips of each hand in opposite palm</li> <li>▪ Rub between &amp; around fingers</li> <li>▪ Rub each thumb clasped in opposite hand</li> <li>▪ Rub back of each hand with opposite palm</li> </ul>	
4. Rinse hands thoroughly under warm running water.	
5. Pat hands dry with a paper towel.	
6. Turn off faucet using a paper towel.	



# Routine Practices

## Routine Practices Return Demonstration Skills Checklist

<b>Applying and Removing Personal Protective Equipment (PPE)</b>	
<b>Applying PPE prior to entering patient room/bed space*</b>	
<ul style="list-style-type: none"> <li>▪ Perform hand hygiene.</li> <li>▪ Put on long-sleeve gown with opening at back.</li> <li>▪ Tie neck and waist ties.</li> <li>▪ Apply mask/respirator.</li> <li>▪ Perform seal check (if N95 respirator) to ensure correct fit.</li> <li>▪ Apply eye protection</li> <li>▪ Apply gloves, pulling gloves up over gown cuffs</li> </ul>	
<b>Removing PPE*</b>	
<b>GLOVES: BEFORE</b> leaving patient room/bed space	
<ul style="list-style-type: none"> <li>▪ Remove gloves using “glove-to-glove, skin-to-skin” technique.</li> <li>▪ Discard gloves into garbage.</li> </ul>	
<b>GOWN: BEFORE</b> leaving patient room/bed space	
<ul style="list-style-type: none"> <li>▪ Untie neck tie first, then waist ties on the gown.</li> <li>▪ Scoop fingers under cuff and pull cuff over hand.</li> <li>▪ Using the gown-covered hand, pull the gown down over the other hand.</li> <li>▪ Pull the gown off without touching the outside</li> <li>▪ Roll gown inside out</li> <li>▪ Dispose of gown into the garbage or laundry hamper.</li> <li>▪ Perform hand hygiene.</li> </ul>	
<b>EYE PROTECTION: AFTER</b> leaving patient room/bed space	
<ul style="list-style-type: none"> <li>▪ Take off eye protection using handles</li> <li>▪ Place in reprocessing bin or garbage</li> </ul>	
<b>MASK or N95 RESPIRATOR: AFTER</b> leaving patient room/bed space	
<ul style="list-style-type: none"> <li>▪ Remove using loops or ties.</li> <li>▪ Do not touch mask or respirator</li> <li>▪ Place into garbage.</li> <li>▪ Perform hand hygiene.</li> </ul>	

*\* When performed as individual tasks - hand hygiene should be performed before touching clean PPE and after touching contaminated PPE.*

Learner's Name:		Date:	
Learner's Signature:		Assessor's Name:	

