

ACTIVITY #5 Alcohol-based Hand Rub Check-off

Steps	Performed Correctly?	
	Yes	No
1. Apply alcohol-based hand rub to a cupped hand.		
2. Rub all surfaces of the hands and wrists, using friction, until dry (at least 15 seconds), including:		
2a. Palm to palm		
2b. Right palm over left back of hand, then switch		
2c. Palm to palm with fingers interlaced		
2d. Backs of fingers of one hand to other hand palm with fingers interlocked		
2e. Rotational rubbing of left thumb clasped in right palm, then switch		
2f. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm, then switch		
2g. Grasp right wrist with left hand, then switch		

Name of Person Performing Skill _____

Name of Person Observing Skill _____