**HANDWASHING**

1. Turn the water on (cold and hot) warm water, not too hot.

2. Apply soap, enough to form a good lather.

3. Keep your clothing away from the sink and hands down in the sink.

4. Wash hands for 20 seconds taking care to clean the palms, back of hands, in between fingers and fingernails.

5. Rinse thoroughly making sure to remove all soap (soap can dry skin, which can lead to cracked skin which can lead to entry ways for infection).

6. Drip dry in the sink – do not shake.

7. Dry hands thoroughly and discard paper towels.

8. Use clean/dry paper towels to turn off the facets then discard.

9. Three reasons you must wash your hands with soap and water:

A. Hands are visible soiled.

B. You have cared for a patient with C-Diff.

C. In between patient care, as per agency policy.

Otherwise you may use hand sanitizing gel. Make sure you get in between each finger and under your fingernails. Use only the hospital supplied lotions, hand sanitizers and soaps as they are designed to work together.

Callahan, B. (Ed.) (2019) *Clinical nursing skills: a concept based approach to learning*. Boston: Pearson