



Hand Hygiene Competency Assessment

Observational Checklist

Assessee Name	Assessee Sign	Date
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Observations - Alcohol-based Hand Rub ABHR, does the Assessee	YES ✓	NO ✗
1. Apply 1 - 2 pumps of ABHR sanitiser to the palm of one hand		
2. Rub your palms together		
3. Rub the back of your hands. Place one palm to the back of the other, lace fingers together rub up and down, and then repeat on the other hand.		
4. Place your hands palm to palm, interlace your fingers and rub up and down the fingers		
5. Curl fingers and rub in a circular motion to sanitise the backs of fingers and knuckles, repeat with other hand		
6. Rub around each thumb with the palm of the other hand		
7. Rub your fingertips into the palm of the other hand, repeat on other hand		
8. Rub sanitiser around each wrist		
9. Wait for the sanitiser to air dry		

Observations - Hand Washing, does the Assessee:		YES ✓	NO ✗
1. Turn on the tap and wet hands			
2. Apply soap and rub palms together to get a good lather of soap			
3. Rub the back of your hands. Place one palm to the back of the other, lace fingers together rub up and down, and then repeat on the other hand.			
4. Place your hands palm to palm, interlace your fingers and rub up and down the fingers			
5. Curl fingers and rub in a circular motion to sanitise the backs of fingers and knuckles, repeat with other hand			
6. Rub around each thumb with the palm of the other hand			
7. Rub your fingertips into the palm of the other hand, repeat on other hand			
8. Rinse your hands under the water to remove the soap and use the elbow to turn the tap off			
9. Dry hands with a clean paper towel			
Assessed as Competent →		(write YES or No) →	
Assessor Name		Assessor Sign	
Date and Location of REASSESSMENT	Location	Date of Next Annual Competency Assessment	