

### Skill: Hand washing

<b>Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
Pushes watch up arm 4 to 5 inches. IF sleeves are long, they are pushed up			
Turns on water at sink and adjusts until it is warm			
Wets hands and wrists thoroughly			
Applies soap to hands			
Rubs together palms and interlaced fingers to work up a good lather			
Lathers for at least 20 seconds, keeping hands lower than elbows and the fingertips down			
Cleans under the fingernails by rubbing fingers against the palm of opposite hand			
Rinses all surfaces of wrists, hands, and fingers, keeping hands lower than elbows and fingertips down			
Dries wrists and hands with a clean, dry paper towel			
Uses a clean dry paper towel to turn off the water faucet			
Disposes of the paper towel in the wastebasket			

## Skill: Using Alcohol Hand Rub

<b>Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
Applies a palmful of an alcohol-based hand rub into a cupped hand			
Rubs the hands together			
Rubs the product over all surfaces of the hands to include the back of the hands, wrists, and in between the fingers.			
Continues to rub all surfaces of the hands until they are dry			

## Skill: Cleaning Glucometer in Between Uses

<b>Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
Obtains cleaning product of either disinfectant wipes or solution of 1:10 bleach and water and washcloth			
Dons gloves			
Thoroughly disinfects glucometer, wiping the top, bottom, and sides being sure to avoid the bar code scanner			
Allows glucometer to air dry for 5 minutes between use on clients			
Uses a new cleaning product every time glucometer is cleaned			
Removes gloves and performs hand hygiene			
Ensures that device is not placed in pocket or on soiled surface in resident's room			
Ensures dedicated equipment is available to resident who is on isolation precautions			

## Skill: Cleaning a Blood Pressure Cuff

<b>Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
Obtains cleaning product of either disinfectant wipes or solution of 1:10 bleach and water and washcloth			
Dons gloves			
Wipes the cuff with cleaning product making sure to clean the hose that extends from the cuff to the blood pressure machine			
Allows cuff to dry for at least 5 minutes between client use			
Uses a new cleaning product every time cuff is cleaned			
Removes gloves and performs hand hygiene			
Ensures that cuff is not placed in pocket or on soiled surface in resident's room			
Uses a disposable blood pressure cuff when available			
Ensures dedicated equipment is available to resident who is on isolation precautions			

## Skill: Cleaning a Stethoscope

<b>Procedure</b>	<b>S</b>	<b>U</b>	<b>Comments</b>
Obtains cleaning product of either disinfectant wipes or alcohol wipe			
Dons gloves			
Wipes the stethoscope with cleaning product inclusive of the ear pieces			
Allows stethoscope to dry for at least 5 minutes between client use			
Uses a new cleaning product every time stethoscope is cleaned			
Removes gloves and performs hand hygiene			
Ensures that stethoscope is not placed in pocket or on soiled surface in resident's room			
Ensures dedicated equipment is available to resident who is on isolation precautions			