



OSCE Checklist: Hand Washing

Hand washing using alcohol hand rub		
1	Apply a palmful of alcohol hand rub into your cupped hand	
2	Rub your hands together palm to palm	
3	Rub your right palm over the dorsum of your left hand, with your fingers interlaced and vice versa	
4	Rub your hands together palm to palm with your fingers interlaced	
5	Rub the backs of your fingers on the palm of the other hand with your fingers interlocked and vice versa	
6	Place your left thumb in your clasped right palm and rotationally rub the thumb, then repeat using your right thumb and clasped left palm	
7	Rotationally rub the clasped fingers of your right hand into the left palm and vice versa	
8	Allow your hands to dry completely	
Hand washing using soap and water		
1	Wet your hands with water from the running tap	
2	Apply enough soap to cover all hand surfaces	
3	Rub your hands together palm to palm	
4	Rub your right palm over the dorsum of your left hand, with your fingers interlaced and vice versa	
5	Rub your hands together palm to palm with your fingers interlaced	
6	Rub the backs of your fingers on the palm of the other hand with your fingers interlocked and vice versa	
7	Place your left thumb in your clasped right palm and rotationally rub the thumb, then repeat using your right thumb and clasped left palm	
8	Rotationally rub the clasped fingers of your right hand into the left palm and vice versa	
9	Rinse your hands with water from the running tap	
10	Dry your hands thoroughly with a single-use paper towel	
11	Use the paper towel to turn off the tap	