**Performing an Alcohol-Based Hand Rub Skills Checklist**

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| Step | Rationale |
| Review client’s chart at assess risk for infection.* Immune status, open wounds, medical diagnosis.
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| Inspect hands. * Assess for open lesions, fingernails, visible soiling.
* Remove rings and bracelets.
* Push watches and sleeves above wrists.
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| Apply 1 to 2 pumps of alcohol-based waterless antiseptic onto hands.* Use enough antiseptic to cover all surfaces of hands and wrists thoroughly.
* In healthcare settings, a 70 to 90% alcohol-based hand rub solution should be used.
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| Rub antiseptic all over hands and wrists to cover all surfaces.* Use friction when rubbing antiseptic.
* Continue to rub all surfaces for a minimum of 20 seconds until the solution becomes dry on your hands.
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| Inspect of hands, fingernails and wrists. * Assess for dermatitis or cracked skin.
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