**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. |  |
| Inspect hands.   * Assess for open lesions, fingernails, visible soiling. * Remove rings and bracelets. * Push watches and sleeves above wrists. |  |
| 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. |  |
| 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. |  |
| Inspect of hands, fingernails and wrists.   * Assess for dermatitis or cracked skin. |  |