



Hand hygiene reduces the risk of infection spread by health care providers. Clean hands are the single most important factor in preventing the spread of pathogens and antibiotic resistance in healthcare settings.

This hand hygiene self assessment tool provides an opportunity for each health care provider to monitor their own hand hygiene practices and to look at ways to improve these practices.

HAND HYGIENE SELF ASSESSMENT TOOL

ITEM TO BE MONITORED		Always	Mostly	Sometimes	Never	N/A
1.0	GENERAL OBSERVATIONS					
1.1	My nails are short, clean and free from chipped nail polish					
1.2	Artificial nails or gel nails are not worn when giving direct care to a client					
1.3	My skin appears healthy, with no cracks or irritation					
1.4	I refrain from wearing hand jewellery, except for a simple wedding band					
1.5	I do a risk assessment before undertaking tasks so that I can initiate hand hygiene at the proper times as per hand hygiene best practices					
1.6	Any cuts on my hands are covered with a waterproof dressing					
1.7	I am aware of when to use alcohol based hand rub and when to use soap and water					
2.0	HAND HYGIENE METHODS					
2.1	I understand and apply the four moments of hand hygiene in my daily practice					
2.2	I understand when to perform hand hygiene when donning and removing PPE					
2.3	I ensure the skin integrity of my hands by applying hand lotion					
2.4	I know and follow the appropriate technique for using alcohol based hand rub or soap and water					
2.5	I remove all hand jewellery and wrist jewellery, or push it above my wrist, prior to performing hand hygiene					
3.0	EDUCATION					
3.1	I regularly update my hand hygiene knowledge through training provided or journal reading					
3.2	I am aware of the policies on hand hygiene that are applicable to my practice					



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After completing this assessment, please review your answers and reflect on changes that you can implement in your current practice.

I have identified the following gaps in my practice:

My plans to address these gaps are:

Education I will need to meet these gaps are:
