**WASH HANDS ASEPTICALLY**

1. Remove watch and bracelets or push up 4 to 5 inches above hand. Remove all rings except a smooth wedding band.

2. Stand away from sink so clothes do not touch the sink.

3. Turn on the faucet and adjust the water to a warm, comfortable temperature.

4. Wet hands thoroughly, including three to four inches above wrists.

5. Hold hands with wrists lower than elbows during hand washing procedure.

6. Apply a generous amount of soap to hands.

7. If bar soap is used, rinse it well before lathering and before returning it to the dish.

8. Rub palms together to work up a good lather for at least 15 seconds.

9. Steps 10 – 13 should last at least 20 seconds. Wash using friction and rotating motion.

10. Wash the palms and back of hands.

11. Wash fingers and between fingers.

12. Wash wrists and lower arms.

13. Clean well under fingernails by rubbing fingers against palms. Use nail file or orange stick to clean under fingernails.

14. Rinse well from arms to hands.

15. With a clean dry paper towel or towels, pat dry starting at fingertips working to wrist. Discard towel or towels.

16. Repeat step on wet hand with clean dry towel or towels. Discard towel or towels.

\*17. Turn off faucet with clean, dry paper towel and discard in wastebasket.

**\* Denotes Critical Step**

**DONNING AND DOFFING PERSONAL PROTECTIVE EQUIPMENT FOR CONTACT ISOLATION  
*taken from the Kentucky MNA Testing Procedures Manual and Study Guide***

1. Remove your watch and all jewelry. Roll up uniform sleeves.

2. Wash hands aseptically. (May verbalize)

3. Hold a clean gown out in front of the body. Let it unfold. Do not shake the gown.

4. Put hands and arms through the sleeves. Make sure the gown covers from the neck to the knees. It must cover the arms to the end of the wrists. Tie the strings at the back of the neck.

\*5. Overlap the back of the gown covering the back of the uniform snugly. (If the gown does not cover the back, the use of a second gown may be verbalized to ensure protection.)

6. Tie the waist strings. Tie them at the back or the side. Do not tie them in front.

\*7. Put on disposable gloves with gloves extended to cover the gown cuffs. Provide care.

\*8. Remove gloves grasp a glove just below the cuff. Grasp it on the outside. Pull the glove down over your hand so it is inside out.

9. Hold the removed glove with your other gloved hand.

\*10. Reach inside the other glove. Use the first two fingers of the ungloved hand.

11. Pull the glove down (inside out) over your hand and the other glove.

12. Discard the gloves.

13. Untie the neck and waist strings. Pull the gown down from each shoulder toward the same hand.

\*14. Turn the gown inside out as it is removed. Hold the gown at the inside shoulder seams and bring your hands together.

\*15. Hold and roll up the gown away from you. Keep inside out.

16. Discard the gown.

17. Wash hands aseptically. (May verbalize) \***denotes critical step**