

Handwashing Rubric

Procedure II Handwashing Technique (Time: 3 minutes)	Possible	Allocated
1. Removed jewelry	1	
2. Turned faucet on with paper towel, adjusted temperature	2	
3. Wet hands and wrists thoroughly with fingertips pointing down	2	
4. Applied soap to get a lather on hands	2	
5. Rubbed all surfaces of hands together several times	2	
6. Interlaced fingers on both hands and rubbed them back and forth	2	
7. Cleaned nails with an orange/cuticle stick and/or hand brush	2	
8. Rinsed hands with fingertips pointed downward	2	
9. Dried hands thoroughly, from tips of fingers to wrist	2	
10. Turned faucet off with paper towel	2	
11. Discarded towel in wastebasket	1	
12. Did not lean against sink or touch inside of sink	3	
TOTAL POINTS -- PROCEDURE II	23	

(This judging sheet was taken from the HOSA Handbook Section B which is available at www.HOSA.org.)