

Master CNA Handwashing Skills Test

Perfect your handwashing technique for test day. This checklist covers the 10 critical steps that evaluators score across all major testing providers (NNAAP, Prometric, Headmaster).

Step 1: Water Setup & Temperature

- Turn on water using wrist or forearm (never clean hands)
- Adjust to comfortably warm temperature (not hot, not cold)
- Position hands with fingertips pointing downward, below elbow level

Step 2: Initial Wetting & Soap Application

- Wet hands thoroughly with water flowing from forearms to fingertips
- Apply palm-sized amount of soap (2-3 pumps from dispenser)

Step 3: 20-Second Systematic Scrubbing

- Scrub palm to palm with fingers interlaced
- Scrub back of hands with opposite palm (24% miss this area)
- Scrub between all fingers and thumbs thoroughly
- Scrub fingertips and under nails (3.5% completely miss this)
- Scrub wrists and lower forearms
- Maintain hands below elbows throughout entire 20 seconds

Step 4: Rinsing & Drying Process

- Rinse thoroughly from wrists to fingertips (maintain downward position)
- Ensure all soap residue is completely removed
- Dry hands completely with clean paper towels (cleanest to dirtiest areas)

Step 5: Contamination Prevention

- Use paper towel to turn off faucet (NEVER touch with clean hands)
- Dispose of paper towel without touching sink surfaces
- Keep clean hands away from clothing, hair, and sink basin

Step 6: Test Day Performance Tips

- Count slowly and systematically - don't rush under observation pressure
- Focus on coverage quality over speed
- Breathe normally to maintain steady rhythm
- Remember: evaluator wants you to succeed and demonstrate patient safety