# Training Module 1—Skills Questions

# The How-To’s of Hand Hygiene

1. **How long should you rub your hands with soap when you are hand washing?**
   1. At least 5 seconds
   2. At least 15 seconds
   3. At least 30 seconds
   4. At least 60 seconds
2. **How long should you rub your hands with alcohol-based hand rub?**
   1. At least 5 seconds
   2. At least 15 seconds
   3. At least 30 seconds
   4. At least 60 seconds
3. **Which type of hand hygiene product is most effective at killing most types of germs on your hands?**
   1. Alcohol-based hand rub
   2. Plain soap
   3. Antimicrobial soap
4. **Alcohol-based hand rub is not recommended for hand hygiene when—**
   1. Touching the resident’s bedrail
   2. Giving the resident a high-five
   3. Sneezing into a tissue
   4. Hands are visibly soiled
5. **One should perform hand hygiene before and after wearing gloves when touching the urinary catheter or collection system.**

True  False

1. **Alcohol-based hand rub is more drying to the skin than soap and water.**

True  False

1. **Drying your hands after washing with soap and water is an important step in reducing bacteria on your hands.**

True  False