Free say-and-do preparation

Hand hygiene verbal rehearsal.

A spoken preparation checklist for aseptic technique. Use it to organise explanations and questions before your next rehearsal.

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Preparation practice, not clinical advice. This is a conversation planning guide, not a clinical procedure. Online rehearsal develops thinking and language; learn and practise physical skills in person with appropriate supervision.

How to use this checklist

Read the fictional task first. Work through each prompt out loud, using only the information supplied. Where a clinical detail is missing, say what you need to clarify rather than inventing it.

Explain when hand hygiene is needed during your planned task.

“I will identify the moments in this task when my hands could transfer contamination.”

Describe how you will choose the appropriate method using current guidance.

“I will check current guidance rather than assume the same method suits every situation.”

Identify where touching equipment or the environment changes your plan.

“If I touch the environment, I will reconsider what I need to do before returning to care.”

Rehearse returning to the task without recontaminating clean equipment.

“I will explain how I am protecting the clean equipment as well as cleaning my hands.”

Check your explanation

• Explain the procedure and establish consent, comfort and privacy.

• Name the parts and sites you must protect before beginning.

• Say when you would stop and replace contaminated equipment rather than carry on.

Watch for these omissions

• Calling a field aseptic without explaining how it is protected.

• Continuing after contamination.

• Forgetting patient comfort, disposal or documentation.

Connect it to a scenario

Rehearse planning a dressing change, identifying a contamination concern or explaining the procedure to a patient. Use current infection prevention guidance; do not learn equipment handling from a spoken script alone.

Repeat with a different fictional situation to check that your explanation responds to the task rather than a memorised script. Review the current ACSQHC Communicating for Safety Standard and RN Standards for Practice alongside supervised skills training.