



# HAND WASHING



# IMPORTANCE OF HAND WASHING HYGIENE

**Three necessary components of proper hand washing include:**

- 1. Soap**
- 2. Clean water**
- 3. Friction**



# PROPER HAND WASHING TECHNIQUE

1. Wet hands with clean warm water.
2. Apply soap and rub hands together to create a lather.
3. Scrub all surfaces of the hands including the palms, back of hands, wrists, between fingers, and under fingernails.





# PROPER HAND WASHING TECHNIQUE CONT.

4. Continue washing hands for 20 seconds, about the time it takes to sing the “Happy Birthday” song twice.
5. Rinse hands well to remove all soap.



# PROPER HAND WASHING TECHNIQUE CONT.

6. Dry hands completely with a towel or air dryer.
7. If available, use a towel to turn off the faucet and open the door to avoid recontamination.



# HAND WASHING POSTER





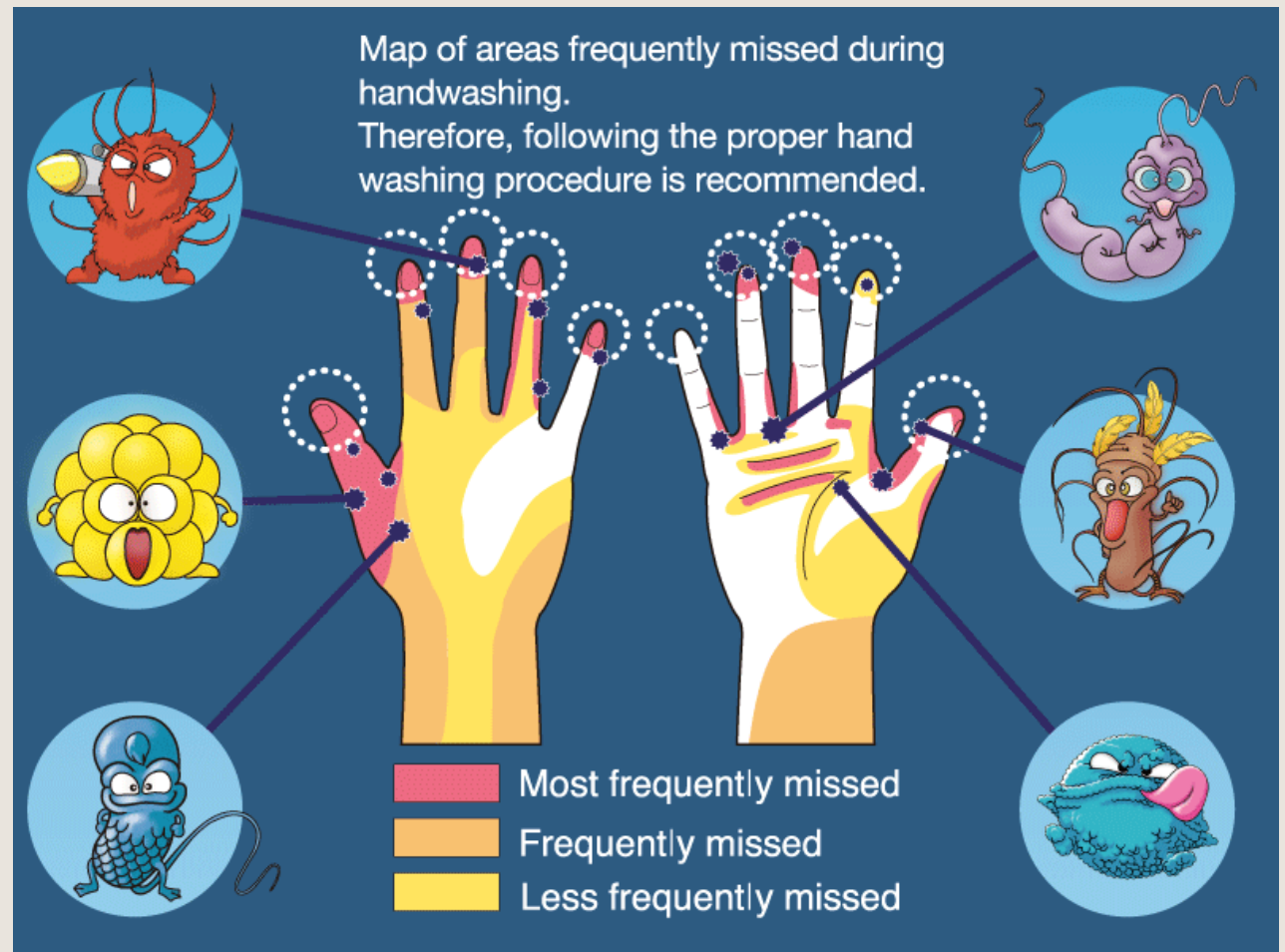


# EASY TO MISS AREAS

- **Inadequate hand washing causes significant areas of the hands to be missed.**
- **Insufficient hand washing often involves rubbing the palms together with soap and water.**
- **The next slide will represent the common are frequently missed areas during hand washing.**



# FREQUENTLY MISSED AREAS







# WHEN TO WASH HANDS

- **After blowing the nose, sneezing, or coughing.**
- **After going to the bathroom.**
- **After contact with blood or body fluids.**
- **After playing outside at recess**



# WHEN TO WASH HANDS CONT.

- After handling garbage or waste.
- Before preparing medicine or handling contact lenses.
- Before preparing, serving, or handling food.
- After changing a diaper



# WHEN TO WASH HANDS CONT.

- Frequently when sick or after contact with others who are sick
- Before and after touching a cut or wound
- Before and after touching the eyes, nose, or mouth





# WATERLESS ALCOHOL-BASED HAND SANITIZER

## When to Use

- Substitute when soap and water are not available.
- Do not substitute when handling or preparing food.
- Do not overuse; traditional hand washing is best.
- Supervise children while they use hand sanitizer.

# HAND SANITIZER PROPER TECHNIQUE



## Step 1

Apply enough sanitizer to completely cover both hands.



## Step 2

Rub hands together, palm to palm.



## Step 3

Rub back of each hand with palm of other hand.



## Step 4

Spread sanitizer over and under fingernails.



## Step 5

Spread sanitizer between fingers.



## Step 6

Keep rubbing hands together until they are dry. Do not dry with a towel.



# CLASSROOM ENVIRONMENT

- **Maintaining a clean classroom environment reduces the presence of germs and the spread of infectious diseases.**
- **Teach children to properly dispose of used tissues.**





# **CLASSROOM ENVIRONMENT** CONT.

- **Provide tissues and trash receptacles in classrooms and on school buses.**
- **Advise parents to keep sick children home from school.**
- **Remain at home when ill and encourage others to do the same.**



# CLASSROOM ENVIRONMENT CONT.

- **Maintain and promote good personal hygiene; bathe and wash hands regularly.**
- **Discourage touching the eyes, nose, and mouth.**
- **Ensure commonly used areas such as door handles, eating surfaces, and desks are clean and disinfected**

# SIGNS TO POST NEAR SINKS



## 1 CLEAN



Wash your hands often.

Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

## 2 COVER



Cover your cough.

Use a tissue to cover your mouth and nose when you cough or sneeze.

Don't have a tissue? Your sleeve will do.

## 3 CONTAIN



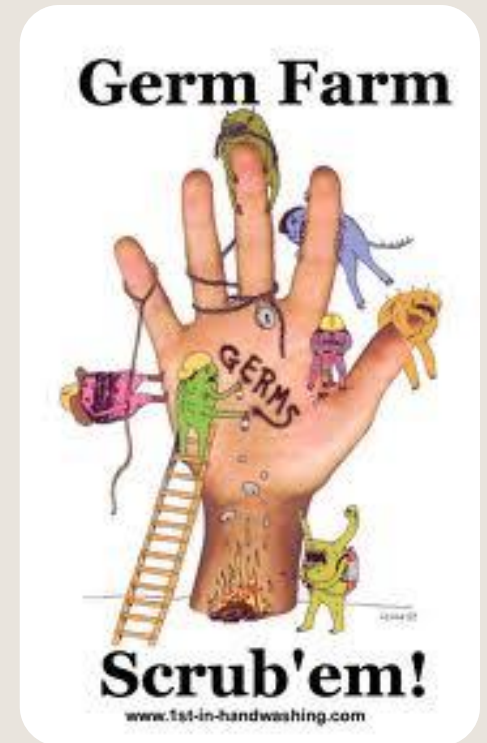
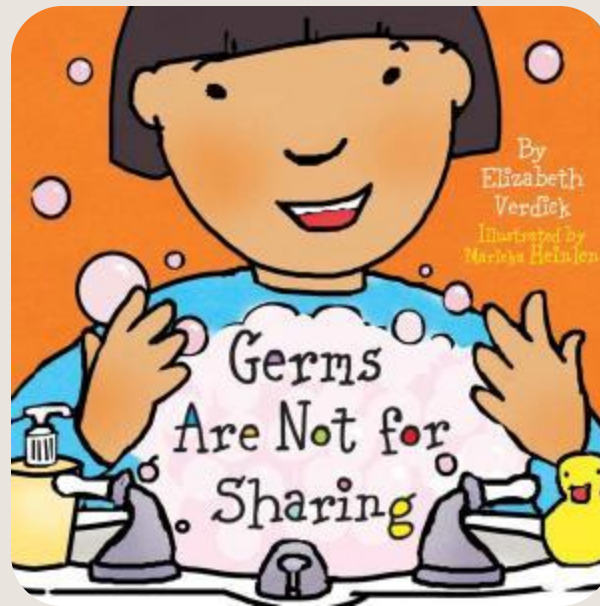
Contain germs by steering clear of others who are sick.

If you do get sick, stay at home until you're well again, so you don't spread more germs.



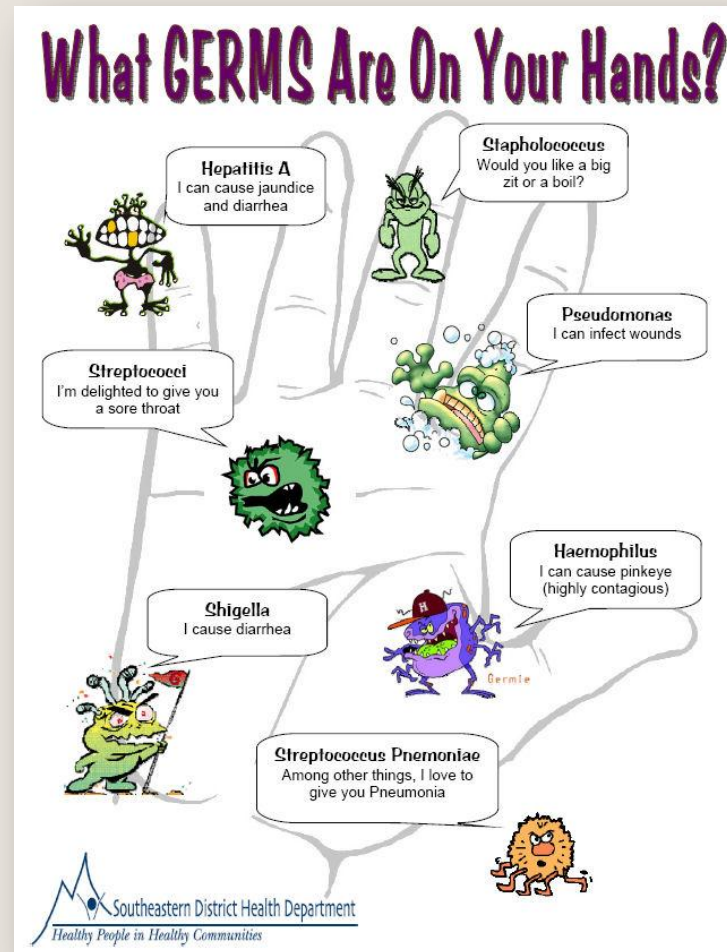


# GERM POSTERS





# GERM POSTERS CONT.





# Handwashing Song

- Twinkle Twinkle little star
- See how clean my two hands are
- Soap and water wash and scrub
- Get those germs off rub a dub
- Twinkle Twinkle Little star
- See how clean my two hands are.





# Hand Washing Game/Activity

- <http://www.carex.co.uk/sites/all/themes/carex/images/download-content/Helping-Hands-Game.pdf>



# Activity

- **using the internet find:**
  - **2 Songs** that could be used with kids to help them with hand washing
  - **1 Game/activity** that would help teach children about hand washing
  - **1 book** that could be read to a young child to help teach hand washing
- **PRINT OUT A COPY OF THE SONGS and THE ACTIVITY/GAME, and the BOOK YOU FOUND and ATTACH IT TO YOUR WORKSHEET**
- **YOU CAN NOT USE EITHER OF THE EXAMPLES IN THIS POWERPOINT**
- **You will be Singing/reading the songs to the class and explaining the game/activity**