



UV Hand washing Activity Guide

Equipment:

- UV gel
- Soap (Liquid or bars of)
- Laminated sheets with good hand washing guide
- 2 UV torches (optional)
- Hand sanitiser (optional)
- Handtowels (not supplied)

Set up

Best set up near sinks or can be done in bowls where water supply not available. Plug in UV light boxes. Set out UV gel, soap, good hand washing card guides and hand sanitiser.



Example set up of hand washing activity

Background:

We use our hands all the time and end up picking up millions of bugs, some of which are harmful to us. To stop spreading these disease-causing bugs (pathogens) to others, we wash our hands with soap. The bugs stick to the oil on our hands, especially under the nails and in all the spaces between our fingers. Soap removes the oil from our skin, and can contain other chemicals that kill off pathogens too.

Summary:

This activity will show attendees just how good their hand washing technique is, using Glo-Germ gel and UV light to indicate the presence of non-cleaned areas on their hands.

Instructions:

- Ask attendees to coat their hands with Glo-Germ gel (or volunteers can do this for them whilst wearing gloves).
- Attendees can look at their hands under the UV light source to see their hands glow. This is the equivalent of bug-covered, 'infected', hands. (They could also shake a friend's hand, and let them look at their hand under the UV light source: transmitting infection!)
- Ask 'infected' attendees to wash their hands with soap.
- Attendees are then asked to check how much Glo-Germ gel (infectious, harmful bugs) has been washed off, by looking at their hands under the UV light source. The torches can be used if desired to look closer/easier at specific areas of the hands.
- Give attendees some hand sanitiser/alcohol gel at the end to cover the bits missed.

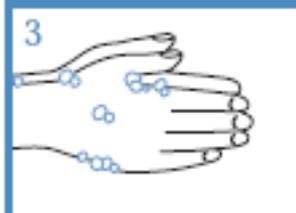
Handwashing with soap and water



Remove jewellery and wet hands and wrists with warm water.



Use 1 or 2 squirts of liquid or foam soap.



Lather soap and scrub hands well, palm to palm.



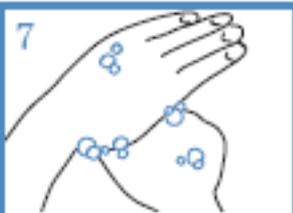
Scrub in between and around fingers.



Scrub back of each hand with palm of other hand.



Scrub fingertips of each hand in opposite palm.



Scrub each thumb clasped in opposite hand.



Scrub each wrist clasped in opposite hand.



Rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using same paper towel.