



Job Aid: Cross-Contamination Education

Interactive Activity for Healthcare Workers

Total time for activity:



Purpose:

This job aid is intended to guide a facilitator or staff trainer in teaching and visually demonstrating how germs spread through touch and surfaces, reinforcing the importance of hand hygiene and environmental cleaning using a UV-reactive powder and blacklight.

Materials Needed:

- ✓ UV-reactive powder, such as GloGerm
- ✓ UV light flashlight
- ✓ Various non-porous items, such as pens, walker handle, stethoscope, glucometer
- ✓ Sink with soap and water
- ✓ Paper towels
- ✓ Trash Bin
- ✓ *Optional:* Hand hygiene handout or CDC Five Moments for Hand Hygiene reference guide
- ✓ *Optional:* Nitrile gloves



Step-By-Step Instructions for Handwashing:

1. Introduce the activity (1-2 mins)

- Explain the goal: to show how germs invisibly travel from person to person, person to surface, or surface to person.
- Explain that this demonstrates how easily cross-contamination can occur during daily tasks.
- Emphasize importance in protecting residents and staff.

2. Apply powder to your hands, a volunteer's hands, or a commonly touched item (1-2 minutes)

- Dust a small amount of powder onto trainee's hands or onto a commonly touched item.
- **Proceed to interact with objects**, touching door knobs, pens, stethoscope, etc., or shake hands with someone.

3. Reveal the simulated cross-contamination under the UV light. The areas that are "glowing" represent germs that have spread to that object or to a person.

4. Debrief and discuss (3-5 minutes)

- Highlight how easy it is to spread germs unintentionally.
- Reinforce proper hand hygiene **before and after** resident contact, glove use, and surface cleaning protocols.



Bonus Activity:



Have trainees put on a pair of nitrile gloves and dust them with a small amount of powder. Have trainees remove the gloves as they normally would, then view their unwashed hands immediately under the UV light. Any glow appearing on their hands indicates they contaminated their hands while taking off their gloves, further showing the importance of performing hand hygiene after glove removal.

IMPORTANT: Complete removal of the "germ" product with normal washing is more difficult if the skin is chapped, dry or cracked. This means that bacteria is also harder to remove.