



Job Aid: Hands-on Hand Hygiene Education

Interactive Activity for Healthcare Workers

Purpose:

This job aid is intended to guide a facilitator or staff trainer in teaching and visually reinforcing the importance of proper handwashing techniques using a UV-reactive lotion or gel and a blacklight.

Total time for activity:



Materials Needed:

- ✓ UV-reactive lotion or gel, such as GloGerm
- ✓ UV light flashlight
- ✓ Sink with soap and water
- ✓ Paper towels
- ✓ Trash Bin
- ✓ *Optional:* Hand hygiene handout or CDC Five Moments for Hand Hygiene reference guide



Step-By-Step Instructions for Handwashing:

1. Introduce the activity (1-2 mins)

- Explain the goal: to show how germs can stay on hands when washing is complete.
- Emphasize importance in protecting residents and staff.

2. Provide education on proper hand hygiene techniques.

- Refer to the provided handouts.

3. Apply lotion or gel (1-2 mins)

- Dispense a small amount (nickel-sized) of product into trainee's hands.
- Ask the trainee to rub their hands together as if they are rubbing in hand sanitizer. Make sure they cover all areas of their hands and have them scratch the palm of their hands to get the "germs" under their fingernails.

4. Have the trainee view their hands under the UV light (1-2 mins). The areas that are "glowing" represent areas that would have been sanitized if they had just used alcohol-based hand sanitizer. Did they miss some spots? Try again!

- Ask the trainee to **wash and dry their hands as they normally would while working**. Bonus: The trainer can time this process, if able.
- When the trainee has completed washing and drying their hands, they should **view their hands once again under the UV light** to evaluate how effective their "normal routine" is. Pay close attention to their cuticles, under fingernails, around jewelry, and the backs of their hands.

5. Repeat steps 2 and 3 and ask the trainee to follow the handwashing techniques you covered during your short presentation (2-3 mins). Bonus: If you timed them during step 4, you can time them again. You'll find that trainees often take much longer the second time around!

6. Have the trainee view their hands once more under the UV light (1-2 mins)

- The trainee should see that most, if not all, of the "germ" product has been removed.

7. Debrief and Reinforce (2-3 mins)

- Discuss commonly missed spots (thumbs, fingertips, wrists).
- Reinforce hand hygiene policies and the impact on infection control.



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.