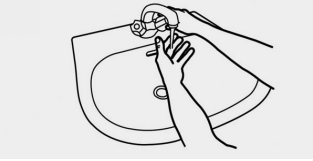
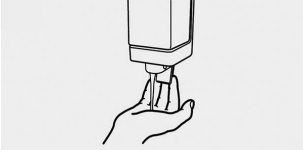
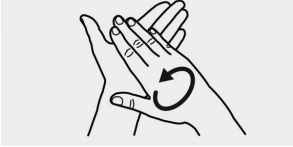
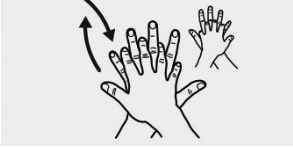
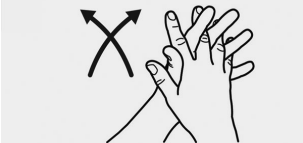

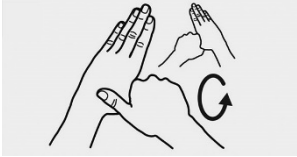
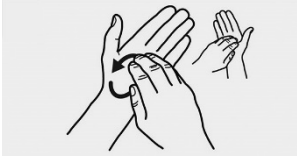





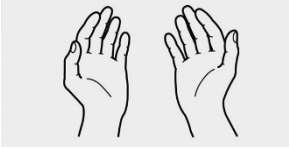
## Teaching Hand-Washing – Simple Guidelines 1

Wet hands	
Soap hands	
Slap & rub X 2	
Flip & slide X 2	
Lock & slide X 2	

<p>Grab &amp; twist X 2</p>	

## Teaching Hand-Washing – Simple Guidelines 2

<p>Thumb &amp; spin X 2</p>	
<p>Palm &amp; scrub X 2</p>	
<p>Slap &amp; rinse</p>	
<p>Rub &amp; dry</p>	
<p>Towel on tap</p>	

Clean hands	

## Teaching Hand-Washing – Staff Instructions

**Please prompt & teach hand-washing in all of the following situations:**

- After coughing or sneezing
- When arriving and leaving all buildings (including home)
- Before and after all of the following situations
  - Using a bus or train
  - Being in a crowded place (especially an indoor crowd)
  - Preparing / eating food
  - Having a cigarette or vaping
- After handling animals or animal waste
- After using the toilet or if hands are otherwise dirty
- After being near someone with a fever, a cough, shortness of breath or difficulty breathing

**Before teaching, consider using the following video to introduce the hand-washing sequence**

- Hand-Washing Rap: <https://www.youtube.com/watch?v=4eY59qr2FTo>

**When teaching hand-washing, consistently follow the steps as outlined below:**

1. “*Wet hands*” – Turn on tap and wet hands by holding under running water
2. “*Soap hands*” – Apply enough soap to cover all parts of the hand
3. “*Slap & rub*” – Rub hands palm to palm
4. “*Flip & slide*” – Place palm on back of other hand & rub interlaced fingers (both hands)
5. “*Lock & slide*” – Rub hands palm to palm with fingers interlaced
6. “*Grab & twist*” – Rub backs of fingers in other hand w/fingers locked (both hands)
7. “*Thumb & spin*” – Hold thumb tightly in palm & rub while turning hand (both hands)

8. *"Palm & scrub"* –Rub tops of fingers / nails into palm of hand (both hands)

9. *"Slap & rinse"* –Rinse hands with water (both hands)

10. *"Rub & dry"* – Dry hands with a paper towel (both hands)

11. *"Towel on tap"* – Use paper towel to turn off the tap.

**NOTE:** Continue each step for the time it takes to repeat the instruction x 2 as per the hand-washing rap linked above e.g. (*"Flip & slide, flip & slide"*)

# Teaching Hand-Washing – Staff Instructions

## Help the person complete each step

1. Invite the person to wash their hands
2. Instruct – Tell the person what to do for each step *using the phrases provided* e.g. “lock & slide”
3. Prompt – Gesture to each visual step
4. Show – Show the person what to do
  - a. Demonstrate the skill by washing hands alongside the person; and / or
  - b. Show the steps using the following video model  
<https://www.youtube.com/watch?v=lisgnbMfKvI>  
(where possible play this video at 0.5 / 0.75 speed):
5. Guide - Physically guide the person’s hands as needed
  - a. NOTE: ask before you physically touch someone’s hands
  - b. Where the person indicates they are OK with you providing physical prompting, provide the least amount of guidance needed to be helpful.

## Help the person learn to use the skill independently

1. Grade Help – Only provide the amount of help you feel the person needs (“graded assistance”)
2. Fade Help – Slowly fade out each type of help as the person learns to complete the steps themselves