# Teaching Hand-Washing – Simple Guidelines 1

<table>
<thead>
<tr>
<th>Step</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wet hands</td>
<td><img src="hand%E3%82%A6%E3%82%A9%E3%83%83%E3%82%B7%E3%83%A5.jpg" alt="Hand Washing" /></td>
</tr>
<tr>
<td>Soap hands</td>
<td><img src="%E3%82%BD%E3%83%BC%E3%83%97%E3%82%A6%E3%82%A9%E3%83%83%E3%82%B7%E3%83%A5.jpg" alt="Soap Hands" /></td>
</tr>
<tr>
<td>Slap &amp; rub X 2</td>
<td><img src="%E3%82%B9%E3%83%A9%E3%83%83%E3%83%97&amp;%E3%83%AB%E3%83%96.jpg" alt="Slap &amp; Rub" /></td>
</tr>
<tr>
<td>Flip &amp; slide X 2</td>
<td><img src="%E3%83%95%E3%82%A3%E3%83%83%E3%83%97&amp;%E3%82%B9%E3%83%A9%E3%82%A4%E3%83%89.jpg" alt="Flip &amp; Slide" /></td>
</tr>
<tr>
<td>Lock &amp; slide X 2</td>
<td><img src="%E3%83%AD%E3%83%83%E3%82%AF&amp;%E3%82%B9%E3%83%A9%E3%82%A4%E3%83%89.jpg" alt="Lock &amp; Slide" /></td>
</tr>
<tr>
<td>Step</td>
<td>Image</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Grab &amp; twist X 2</td>
<td></td>
</tr>
<tr>
<td>Thumb &amp; spin X 2</td>
<td></td>
</tr>
<tr>
<td>Palm &amp; scrub X 2</td>
<td></td>
</tr>
<tr>
<td>Slap &amp; rinse</td>
<td></td>
</tr>
<tr>
<td>Rub &amp; dry</td>
<td></td>
</tr>
<tr>
<td>Towel on tap</td>
<td></td>
</tr>
</tbody>
</table>

Teaching Hand-Washing – Simple Guidelines 2
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=IisgnbMfkVl
     (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