

Hand Washing Training Kit

How to use it:

- Apply a layer of invisible microscopic UV particles onto your hands and rub it around like you would a hand cream.
- Wash your hands as you normally would and dry them.
- Using the torch, shine it on the hands. The darker the room the greater the effect.

Areas of skin that were not properly washed will glow brightly.

Areas of your skin that were washed correctly will not glow.

This simple, yet highly effective test forms the basis of the hand washing test kit, and is very useful at demonstrating to staff an effective hand washing technique.

The places to watch out for are:

- Around the nail cuticles
- Between the fingers
- Backs of the hand

The solution can also be used as a worktop cleaning test:

- Apply a quantity to the worktop and surrounding areas.
- Use your normal cleaning and wiping methods.
- Turn off the light, and using the UV torch, you can see how much has been removed!

There is an excellent website with further information at **<http://www.wash-hands.com/>**

It has lots of material and posters there suited to Care and Nursery settings, including teacher/trainer resource packs.

If you are looking for an example of a Hand Hygiene Policy search Hand Hygiene on the web.

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HAND WASH GUIDE

HAND WASHING AND SANITISING IS KEY TO REDUCING THE SPREAD OF DISEASE.

FOLLOW THIS HAND WASHING GUIDE TO ENSURE THAT YOU HAVE THE BEST HAND HYGIENE AND REDUCE THE SPREAD OF DISEASES.



Apply a shot of
soap or sanitiser



Rub palms together



Interlace fingers and
rub the back of each
hand with the palm of
the other



Interlace fingers and
rub hands together
palm to palm



Clasp fingers together
and rub palms with back
of fingers



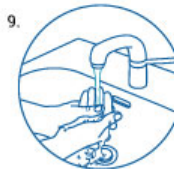
Rub each thumb using
a rotational movement



Rub tips of fingers against
opposite palm



Rub each wrist with
the opposite hand



If using soap...
Rinse hands with water



Dry thoroughly with a
disposable paper
hand towel

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