

# LATHER, RINSE, DEFEAT GERMS – Activity

**Activity:** Hand Washing Technique

**Total Time:** 10 minutes

**Materials:**

- Fluorescent lotion/gel/powder
- UV light/bar
- AA Batteries
- Sink with hot and cold running water
- Liquid soap in a dispenser
- Paper towels
- Waste basket

**Method:** There are several different ways of using the fluorescent products to demonstrate proper hand washing technique; use the method that works well for you. The following is one suggestion:

1. Ask for 3 volunteers.
2. Apply fluorescent lotion/gel/powder to the hands of the 3 volunteers – a small amount, about the size of a quarter, into the palm of one hand and spread over both hands as if applying hand lotion.
3. Ask one of the volunteers to wash their hands using lots of soap and water and NO friction (scrubbing/lathering), then remove the soap under the water and pat hands dry with the paper towel.
4. Ask the second volunteer to wash their hand using NO soap, only water. Friction can be used, then dry hands with paper towel.
5. Ask the third volunteer to wash their hands as if they were a surgeon washing properly using a little soap and lathering (using friction) for at least 15 seconds (sing the ABC song or Happy Birthday song). After that, rinse hands and dry well with paper towel.
6. When all three volunteers come back, shine the UV light/bar over the first volunteer's hands. Show the class, reminding them that this person only used soap and water and did not lather.
7. Shine the UV light/bar over the second volunteer's hands. Show the class, reminding them that this person did not use soap, only water and friction.
8. Shine the UV light/bar over the third volunteer's hands. Show the class, reminding them that this person washed their hands the right way, using the right technique.
9. Ask the class why the last person hands are so much cleaner than the other two volunteers' hands (Answer: You need soap AND friction to physically remove microorganisms from the hands).

**Please Note:** You may still see some “germs” on the hands of the third volunteer. Explain that this represents RESIDENT microorganisms that are normally on our skin and help us stay healthy. Resident microorganisms are more difficult to remove with hand washing.

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