

# Hand hygiene training: 2 interactive exercises

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Harrogate and District NHS Foundation Trust  
[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

# Hand hygiene exercise with sweets

## Equipment

- Wrapped sweets.
- Jar or container for sweets.
- Glow germ powder.
- UV hand held torch.

## Method

1. Place wrapped sweets into a jar and sprinkle Glo germ powder into the jar.
2. Offer sweets to audience .
3. Proceed with hand hygiene presentation.
4. Inform audience glow germ (non-allergenic powder) has been sprinkled on the sweet wrappers.
5. Demonstrate with UV torch the powder that has been transferred onto face, table where sitting, mobile phone, their bags, or any other item they may have touched.

# Hand hygiene exercise with paint

## Equipment

- Washable paint.
- Aprons to cover clothes.
- Gloves – different sizes.
- Wipes for hands after exercise.
- Bag for disposing of above.

## Method

1. Ask the audience to put on aprons and gloves.
2. Place a small amount of paint on the palm of one of the gloved hands.
3. Ask the audience to close their eyes and perform the hand hygiene technique – count 15-30 seconds (the aim of the exercise is to identify how well the paint is spread over the gloves).
4. Ask the audience to open their eyes and check areas missed on their hands.
5. To demonstrate how efficient they are in removing gloves, ask the audience to close their eyes and then remove their gloves.
6. Ask audience to check areas on wrists and fingers for any paint residue.