

## Practical Session

### Hand Hygiene

#### Equipment required:

Glow machine – Available to loan from the Infection Control team.

Glow lotion – available from the team with the Glow machine.

You will need access to hand washing facilities to do this activity.

Copy of Single Point Lesson ( Hand Hygiene)

#### Aim to discuss

1. Hand hygiene technique
2. The importance of staff being bare below the elbows and the reason why
3. Ensure staff are aware of the WHO 5 moments for hand hygiene.

#### Practical activity.

1. Apply a small amount of the glow lotion on to staff hands and ask them to rub into all areas of the hands using the hand hygiene technique.
2. Check staff hands to look at how well the glow covers the hands. Pay particular attention to the thumbs, web of fingers
3. Ask staff to wash their hand with soap and water using the hand hygiene technique in order to remove the glow from all areas of the hands.
4. Check staff hands using the glow machine. Areas where glow is left indicate areas which were not washed successfully.
5. Staff are deemed as competent if all glow is removed after hand washing.