

Instructions for ACTIVITIES #4 and #5 Handwashing and Alcohol-based Hand Rub Check-offs

Preparation

Duplicate check-off sheets for each student: Activity #4 Handwashing and #5 Alcohol-based Hand Rub. Just before class begins, ensure that paper towel dispenser has an ample supply of paper towels and hand soap and alcohol-based hand rub dispensers are full or near-full with solution.

Instructions to Students

“I am going to demonstrate how to wash my hands and how to cleanse hands using alcohol-based hand rub. After I am done demonstrating the skills, I want everyone to practice doing both skills. After everyone has had a chance to practice, I will pair you up with another student. You will observe your partner performing the skills and check off the steps on the appropriate check-off sheet as each step is performed. Then, switch up. Put your name on each of the check-off sheets and then write down who checked you off during the skills performance. Afterwards, you will turn in your check-off sheets to me.”

Explanation of Activity

Demonstrate each skill. Distribute check-off sheets to students. As students practice, walk around, observe students, and make corrections as needed. Place students into pairs (or a three-some if necessary) for peer check-offs. Collect check-off sheets. Allow students to take a break.

Wrap-up

While students are taking a break, look over check-off sheets and determine if further instruction or practice is needed. When students return from break, compliment them and ask them if they would like to share comments about their experiences.