

Activity Cards

Module 1: Hand Hygiene

Instructions for facility educators: Select one or more activities to engage your EVS staff in additional learning. Activities may be incorporated into regular trainings or used in other formats. You may also use this tool to orient new EVS Managers or Infection Preventionists on your team.

All activities are meant to be opportunities for collaboration where everyone is able to learn. As the instructor, it is critical to maintain a supportive teaching environment. Use this time to improve processes and offer support to staff so that they will feel comfortable coming to leadership when needed. There are prompts throughout to help you engage staff in discussion. Happy training!

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Fluorescent Adventure	
Purpose: Assess how effectively staff apply alcohol-based hand rub (ABHR) and wash their hands. Staff will gauge if their hand hygiene method cleans their hands properly. For larger groups, “Paint with Germs” is an alternative to this activity.	
Preparation time: 5-10 minutes	Preparation and materials: <ul style="list-style-type: none">• Bioluminescent product (e.g., GloGerm, Germ Tracker), preferably in gel form*• UV/black light• Handwash station or sink• Timer
Activity time: 15-20 minutes	*Alternative: Free and clear laundry detergent (with optical brighteners) fluoresce under UV/black light and may be used as an alternative to a bioluminescent product.
Instructions:	
Part 1: Application of ABHR	
1. Instruct staff to use as much of the bioluminescent product as you would ABHR (as recommended by your facility’s ABHR manufacturer’s guidelines). Essentially, pretend the bioluminescent product <i>is</i> ABHR. Have staff rub the product all over their hands as they would normally apply ABHR.	

2. Use the UV/black light on everyone’s hands to show their ‘ABHR’ coverage. Assess if they missed any areas. Commonly missed areas include between fingers, the back of the nails, the back of the thumbs, and the wrists. *Did everyone take enough product to cover their hands completely? Did staff take too much or too little product for their hands? What areas of the hands were generally cleaned? What areas of the hands were generally missed?*

Part 2: Handwashing

3. We’re now pretending the bioluminescent product are germs. Instruct staff to wash their ‘germ’-covered hands with soap and water. Use a timer to note how long each staff took to wash their hands. Ensure they are washing and scrubbing between the fingers, the back of the hands, etc.
4. After washing hands, use the UV/black light on everyone’s hands to look at how well each washed their hands. Provide feedback to staff on how long they took to wash their hands. *Did everyone wash off all of the ‘germs’? What areas of the hands were generally cleaned? What areas of the hands were generally missed? How can staff adjust their hand washing technique to ensure a thorough clean? Do staff need to spend more time washing their hands? Did staff notice the correlation between time spent handwashing and germ removal?*

Paint with Germs

Purpose: Assess how effectively staff apply alcohol-based hand rub (ABHR). Review how hands can become contaminated when gloves are removed. This activity is similar to “Fluorescent Adventure” but also works well for larger groups.

Preparation time:
5-10 minutes

Activity time:
10-15 minutes

- Preparation and materials:**
- Washable paint (any color)*
 - Gloves (1 pair per participant)
 - Timer
 - Garbage (for glove disposal)
 - Hand wipes or access to handwash station or sink
- *Alternative: Use shaving cream for an easier clean up.

Instructions:

Part 1: Application of ABHR

1. Instruct staff to put on their gloves. Ensure proper fit.
2. Have each staff squeeze as much paint into the palm of one glove as you would ABHR (as recommended by your facility’s ABHR manufacturer’s guidelines). Essentially, pretend the paint *is* ABHR.

3. Set your timer for 15 seconds* and have staff rub the paint all over their hands as they would normally apply ABHR.
4. Now look at everyone’s hands. Assess if they missed any areas. Commonly missed areas include between fingers, the back of the nails, the back of the thumbs, and the wrists. *Did everyone take enough paint to cover their hands completely? What areas of the hands were generally covered? What areas of the hands were generally missed? Did staff take too much or too little paint for their hands?*
 *Note: This is an arbitrary number. Paint does not dry as quickly as ABHR. Your facility’s ABHR might take a shorter or longer time period to dry.

Part 2: Assess for contamination

3. Now staff will remove their gloves as they would after cleaning the environment. The goal here is to not get any paint on your hands. Instruct staff to remove their gloves using their preferred method (e.g., beak). You can use this as an opportunity to demonstrate proper glove removal.
4. After glove removal, assess hand contamination. *Are there contaminated spots?* Comment on how easy or hard it is to keep their hands ‘germ-free’ when removing gloves.
5. Emphasize that it is essential to perform hand hygiene even with glove use, after you remove your gloves and before moving on to the next task.
6. Allow staff time to clean their hands (provide hand wipes or access to handwashing station/sink).

Pen Pals

Purpose: Assess hand-to-hand transmission of germs. Staff will discover how easily germs can spread. This activity is best suited for a staff meeting or training with a sign-in sheet.

Preparation time:
10-15 minutes

Activity time:
Varies; reserve 5-10 minutes at the end of your meeting to review and discuss results

Preparation and materials:

- Bioluminescent product (e.g., GloGerm, Germ Tracker)
- UV/black light
- Pens
- Sign-in sheet
- Hand wipes or access to handwash station or sink

Instructions:

1. Before the session or staff meeting, dip or rub a small amount of bioluminescent product on community-used pens. Do not inform your staff of product placement.

2. Instruct staff to sign the sign-in sheet before the session.
3. At the end of the session, pause and reveal to your staff that ‘germs are among us.’ Explain that bioluminescent product was placed on the sign-in pens to demonstrate how easily germs can spread.
4. Hold the UV/black light over staff so they can see where the ‘germs’ went. *Did the germs spread beyond your hands?* Often, staff will see the bioluminescent product on their face, clothing, or belongings.
5. Reiterate how hand hygiene is essential to stopping the spread of germs from person-to-person. Suggested script: *This time, we’re lucky it’s just bioluminescent product on our hands (notebooks, tables, etc.), but imagine if this were a multidrug-resistant organism. Touching the pen is like touching the IV pole or bedside table in a resident room. You can pick up germs on your hands or gloves and spread them to yourself, other residents, and other surfaces.*