



# High Speed Hand Washing (HSHW)

## Adult Workplace Lesson Plan

Length of Session: 15 to 30 minutes



Oregon State  
University

### HSHW Key Messages and Objectives

Participants will learn about germs and the importance of proper hand washing before touching, preparing, or tasting food. Using HSHW, groups of 20 or 30 people can wash hands properly in 5 minutes or less. HSHW saves time, water, energy and prevents the spread of disease. *Additional steps to prevent the spread of COVID-19 are italicized and shown in orange.*

Participants will:

- Identify ways germs are spread
- Know five situations when it's important to wash hands
- Practice proper hand washing
- Demonstrate High Speed Hand Washing

### Materials and Supplies Needed for Demonstration

- Sink or hand washing station with trash can
- Liquid soap\* in pump dispenser
- Paper towels
- HSHW—Adult poster**, English/Spanish+
- Optional: Fingernail brush
- Optional Pre-assessment Activity: GloGerm-type kit w/ special lotion & black light. Needs dim light & hot water to work.
- Optional Handout: **Stop Germs: Wash Your Hands +**  
\*Anti-bacterial soap is not recommended. Research shows that it is equally effective as regular mild soap, but can be more irritating to skin and may have ingredients harmful to the environment.  
+See <https://beav.es/HighSpeedHandWashing>

### Preparation

- Print Handout (optional)
- *Inform participants in advance to wear face coverings.*
- Arrange lesson space to gather *6 feet apart.*
- Set up hand washing station with poster *and move trash 6 feet away.*
- *Consider placing tape on the floor or wire flagging in the ground at 6-foot intervals to mark where people should stand.*
- Optional: Set up Pre-assessment Activity.
- While group gathers, invite 4 people to help demonstrate HSHW. Show them the technique *with 6 feet apart.*
- *Be aware and follow guidance of regulatory authorities.*

### Lesson Delivery

#### Food Safety Introduction (1 minute)

Educator script: Germs are everywhere. Some germs are good for you, but some are not and they can make you sick. If you have had a cold, the flu or food poisoning it was caused by harmful germs. There are some things you can do to help keep yourself, your family, friends, co-workers and workplace safe from harmful germs.

- Cough or sneeze into your shoulder or elbow, not your hands. (Demo)
- Don't share your drinks, utensils or food with your family, friends or co-workers.
- Don't "double dip" with the same utensil or food when tasting or eating food also served to others. Use a clean spoon for each taste, or a new chip or celery stick.

- Wash your hands

Before you

- harvest or prepare food (twice at work);
- eat food

After you

- handle a risky food such as raw meat or poultry
- go to the bathroom or change diapers
- take out the garbage
- touch your hair
- touch your face (ears, nose, mouth, or eyes)
- touch your body or clothes (pulling up sleeves, putting hands in pockets)
- sneeze or cough in your hands
- smoke
- handle pesticides
- lick your fingers.

#### Optional Pre-assessment Activity (10 -15 minutes)

This activity uses a GloGerm-type kit with special lotion and a black light. The special lotion is oil-based so hot water will be needed to completely remove it, and a dimly lit area will be needed to set up the black light so the special lotion invisible in regular light is seen as chalky white under a black light.

Educator follows directions to set up the kit. Participants line up *6 feet apart* to apply the special lotion that comes with the GloGerm-type kit, rub it in like hand lotion, then check the lotion coverage in the black light. Next, have them wash their hands *6 feet apart* before

they receive any hand washing instruction. Participants then view and self-assess their hands in the black light again *6 feet apart* to see the places that they normally miss when they wash their hands.

### Proper Hand Washing Demonstration (1 minute)

Lead this “dry” activity while participants follow directions with you.

1. Pretend to wet hands and shake off excess.
2. Pretend to add 1 pump of soap from the dispenser.
3. Rub and scrub palms together until (imaginary) lather begins to form. The lather will lift the dirt, grease and germs from the hands.
4. Spread fingers and rub between them.
5. Rub backs of hands and fingers alternately with palms of hands.
6. Wrap thumb and fingers around thumb and twist for each hand.
7. Wrap thumb and fingers around wrist and twist for each wrist.
8. Put finger tips together in palm of other hand and scrub in circular motion. Change directions.
9. Use thumbnail to clean under each fingernail on the opposite hand.
10. Rinse and rub hands under running water to remove lather.



Note: If available, a fingernail brush can be used for step 9. Fingernail brushes should be cleaned and sanitized daily. This can be done by hand or in a dishwasher.

### High Speed Hand Washing Demonstration (5 to 8 minutes)

HSHW works with any size group but can be most efficient with small teams of 6 to 10.



The Educator invites the prearranged demonstration team to line up first to demonstrate HSHW. Divide the rest of the participants into teams of 6 to 10. Tell them to be ready to come forward to practice *with 6 feet spacing* when called. The Educator will call on the next team as each team is finishing up. The Educator narrates the High Speed Hand Washing technique for the demonstration team and, as needed, as coaching for the next teams.

### High Speed Hand Washing Technique

The first team starts by lining up *6 feet apart* at the hand washing station. The first person turns on the water using a low flow, wets their hands, shakes off excess water, gets a pump of soap, then begins lathering by rubbing and scrubbing while moving to the end of the line *paying attention to 6 feet spacing while moving*. As soon as the space is clear *and maintaining 6 feet spacing*, the next person steps to the water and repeats the process.

Participants can evaluate effectiveness by noticing increasing lather. Encourage participants to increase the bubbles, because those bubbles will LIFT the GERMS off of their hands. (Peer evaluation can be recommended by the Educator, if appropriate.) As each team member moves up in line, so should the next person on the team *maintaining 6 feet of spacing*.

When the first person on each team is back at the hand washing station, rinse their hands, get a paper towel and step away *6 feet* from the hand washing station while drying their hands and dispose of the towel.

When there are only three people left in line to rinse their hands, ask the next group to line up to begin HSHW, *careful to maintain 6 feet spacing*. The last person from the last team to rinse their hands turns off the water with a paper towel and dries their hands with a clean paper towel.

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**Review** (5 minutes) Provide handout (optional).

Educator congratulates the participants on their successful demonstration. Encourage discussion to reinforce learning and make possible improvements.

Educator script: Why it is important to wash your hands? (Stop spread of harmful germs.) When is it a good time to wash your hands? (Name at least five. The list is in introduction). Do you feel High Speed Hand Washing is practical for daily operations? Do you have any suggestions for improvements?

Thank you for your careful attention, today. We will be using High Speed Hand Washing at the beginning of shifts and after breaks every day. With practice this will go more quickly and we can be confident that we are contributing to the safety of the food we handle and your well-being.

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Photo credits, FDA, Glenda Hyde, U Minnesota Extension. Agricultural Health and Safety Program