



HEALTH SCIENCE CLUSTER

LESSON 3

Lesson Plan Title: Wash This Way		Instructor:
Suggested Total Time for Lesson (minutes): 45 minutes (1 day)		
Content Focus - What Will Students Learn? (Content Skill Sets)		
Health Science 0972.HE.0711.24 Explain the current requirements of standard precautions and the procedures used at a variety of healthcare facilities to support those standards (e.g., infection control, proper hand washing, and gloving procedures)		
Materials and Resources- What do you need to assemble and prepare before the lesson?		
Materials: <ul style="list-style-type: none">• Baby oil, Vaseline, lotion or cooking spray• glitter (enough for each student to sprinkle on hands)• newspaper or large poster paper to protect surfaces from excess glitter• Access to a sink with soap, paper towels, and running water for handwashing• Paper for tracing outline of hands• Pen, pencil, marker or crayons	Resources: <ul style="list-style-type: none">• Videos Handwashing CDC• Wash Your Hands Fact Sheet• Handwashing flier (for extension activity)	
Lesson Outline: What learning activities will your students do?		
Time	Sequence/Description of Learning Activity	
2 minutes	Get Started/Explain: *Teacher tip: this lesson requires a sink with running water, soap and paper towels. Proper handwashing is essential for infection control and the best way to prevent the spread of disease, especially in health care. This handwashing activity will demonstrate how improper handwashing techniques can leave harmful germs on hands. (Can be done in groups of 4).	

This lesson is relevant to a HOSA Health Professionals competitive event.

<p>15 minutes</p> <p>3 minutes</p> <p>15 minutes</p> <p>10 minutes</p>	<p>Discover/Engage/Practice:</p> <ul style="list-style-type: none"> • Have students watch a video on the proper way to wash their hands. There are lots of online videos and resources to demonstrate proper handwashing (ex.YouTube or CDC website) • Teacher should demonstrate proper handwashing and explain why soap, water, drying hands, etc. and proper technique is important. • Students will trace outlines of their hands on a piece of paper • 4 Students will “dirty’ their hands with nonstick cooking spray, lotion, baby oil, or Vaseline and glitter. Explain that the glitter represents microorganisms or germs that we normally cannot see. <ul style="list-style-type: none"> › Student 1 wash with warm water, rinsing only (no scrubbing or soap) for 5 seconds. › Student 2 wash with warm water, scrubbing for 20 seconds under the faucet with no soap. › Student 3 wash with warm water and soap, scrubbing hands under the faucet for 20 seconds, and rinsing just until no soap is left on hands › Student 4 wash with warm water and soap, scrubbing hands (while not under faucet) for 20 seconds, and rinsing thoroughly. • Observe the cleanliness of each student’s hands record observations by shading in the outline of the hand to indicate where you still see glitter. • Each volunteer will dry their hands thoroughly with a paper towel, and observe and record the cleanliness of hands again. • After all observations are recorded, all students will wash with soap and water again to remove all glitter and cooking spray. • Have students create a handwashing flier as an extension activity. • 1. Discuss with students what they have learned from the hand washing experiment. (It is not easy to remove germs. It is necessary to use both soap and water, to wash hands for at least 20 seconds, and to rub vigorously.) • 2. Discuss with students how germs can be picked up or spread through inadequate hand washing. Cold viruses can be spread by touching people or objects. The flu virus may spread by contact with infected people. In a preschool, a child can put a toy in his mouth and then give it to another child, who picks up germs from the toy. Think about other examples. Hand washing protects you from illness, but also protects those people you may encounter. • 3. Explain to students that because microbes are living organisms, they require certain conditions to live. The environment is the favorable surroundings and conditions external to the host that cause or allow the disease to be transmitted. Some diseases live best in dirty water. Others survive in human blood. Still others, such as E. coli, thrive in warm temperatures but are killed by high heat.
	<p>Check for Understanding/Summarize/Close:</p> <ul style="list-style-type: none"> • Did students recognize the differences in removing the “germs” with the different handwashing techniques? • Do students understand the proper steps in handwashing to remove dirt and germs? • Why is this important in health care?
<p>Modifications, Support, and Extensions (for those students with IEP)</p>	
<p>Reflection- Did the students learn the content outlined in the lesson focus? Why or why not?</p>	