



PE/Health Virtual Learning

4th Grade Health

April 6-10, 2020



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Lesson: Technique Matters: Proper Handwashing

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Learning Target:

Students will learn and practice proper handwashing techniques.

Background:

You are all encouraged to wash your hands daily at school. This lesson is meant to help you understand the proper steps to clean your hands and eliminate germs wherever you are. Your technique matters.

Let's Get Started:

1. On average, how many times do you wash your hands per day?
2. How many seconds do you usually spend each time?



Why is it important for us to wash our hands?

- ❑ Handwashing is important to control the spread of germs.
- ❑ Germs attack our body (usually through our eyes, nose, and mouth) causing illness and infection.
- ❑ Germs from unwashed hands can easily be spread to objects like handrails, table tops or toys. Watch this short video: [Germ Smart Video](#)
- ❑ Frequent hand washing with soap, water and a good technique, removes germs from our hands and creates a cleaner, safer environment for all of us to enjoy.
- ❑ We should be scrubbing our hands for at least **20 seconds** each time we hand wash.

Practice #1



The World Health Organization has established a 7-step procedure for proper hand washing.

1. Have you REALLY been washing your hands? Let's take a look and see.....
2. Watch this video to learn the proper technique.
[Proper Hand Washing Technique](#)

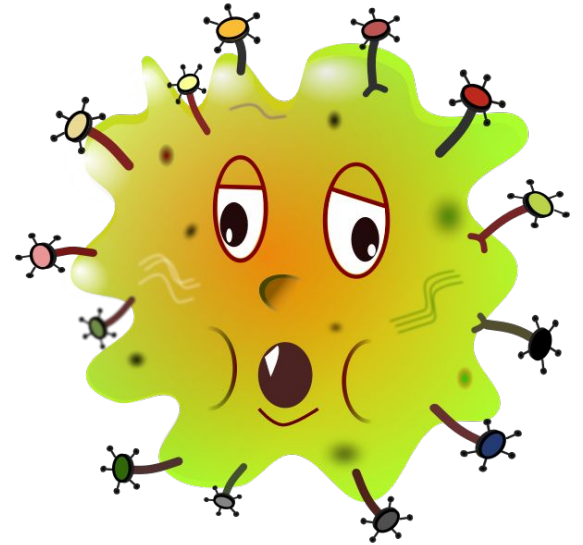
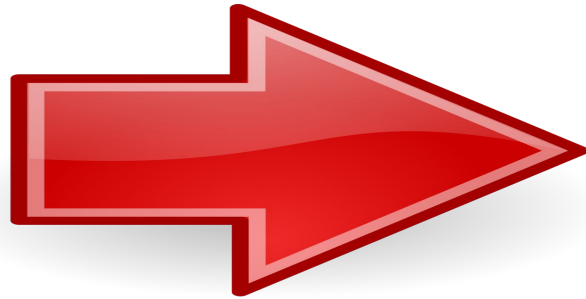
PRACTICE #2

Let's review the 7 steps of proper hand washing according to the World Health Organization:

- ✓ Rub your palms together.
- ✓ Interlace your fingers, palm to palm several times
- ✓ Lay your right palm over your left hand, interlace your fingers and rub back and forth. (Switch, left palm over right hand).
- ✓ Use the back of your fingers to opposing palms with fingers interlocked. (Switch)
- ✓ Wrap your hand around your thumb and rub, then switch thumbs and repeat.
- ✓ Rub fingertips into palm. Repeat with other hand.
- ✓ Rub each wrist. Rinse with water and dry with a single use towel.

Practice #3

1. If you need a refresher before you practice, rewatch the demonstration video [here](#). Feel free to write down each step if it will help you remember.
2. Self guided practice: Wash your hands using the 7 step hand washing technique.



Practical Extension



1. Ask a family member to wash their hands. Don't give them any tips this first time, just watch their technique closely and make special note of any important steps they may be skipping.
2. After they finish hand washing, discuss with them the areas they missed or could improve upon.
3. Teach them the new 7 step hand washing technique you learned today.
4. Practice one more time together!

❤️ **CLEAN HANDS ARE THE BEST HANDS!** ❤️