

## How Well Do You Wash Your Hands?

Use Glo Germ™ oil to show what happens when hands are improperly cleaned. Glo Germ™ oil can be applied to your hands like hand lotion. This spreads thousands of tiny plastic fluorescent “germs” onto your hands. Under a UV lamp, the plastic “germs” glow.

### Safety Precaution

- Wash your hands thoroughly at the end of the demonstration.

### What You Need

soap

water

Glo Germ™ oil

UV lamp

### What to Do

1. Plan your hand-washing demonstration. You should address these points.
  - Demonstrate washing hands properly.
  - Show the results of improper hand washing.
2. Practise washing hands properly a few times using soap and water.
3. Use Glo Germ™ oil to test your hand-washing technique.
  - Apply 2 to 3 drops of Glo Germ™ oil to your hands.
  - Wash your hands as you would normally.
  - Then, use a UV light to check whether or not you have removed all of the Glo Germ™ oil.

You will need to tell the audience that the oil simulates germs that may be on your skin.

4. Put your demonstration together. Rehearse it several times.
  - Have an interesting opening to get attention.
  - Explain what you are going to do.
  - During the demo, do not talk. Tell the audience to watch your hands and learn the proper technique to wash hands.
  - Slow down the movements you make while hand washing.
  - At the end of the demo, explain clearly what you demonstrated.