

Lesson Plan 21: Handwashing



50 minutes total

Lesson Description



Participants will practice good handwashing technique and learn the most important times to wash hands. Key design features of a handwashing station are discussed. Depending on time, participants can also construct parts of a handwashing station.

Learning Outcomes



At the end of this session participants will be able to:

1. Demonstrate proper handwashing technique.
2. List the critical times for handwashing.
3. Identify key features of a handwashing station.
4. Optional: Construct parts of a handwashing station.

Materials



- Flipchart paper
- Tape
- Markers
- Local handwashing materials for demonstration (e.g., basin, water, pitcher, soap)
- Sanitation System Design Workbook

Optional:

- Glitter or turmeric for Introduction Option B
- Local materials to construct parts of a handwashing station
- Tippy Tap instructions
- PowerPoint: Handwashing
- Video: It's in Your Hands (2:34 minutes, available at: www.youtube.com/watch?v=Qdpd3roZjYw)
- Computer, projector and speakers

Preparation



- Review topic in Technical Brief: Handwashing
- Research local handwashing station designs and construction methods
- Gather materials needed to demonstrate the proper handwashing method
- Gather materials needed to construct the parts of handwashing station (e.g., tippy tap)
- Write the heading “*Times for Handwashing*” on flipchart paper
- Write the heading “*Handwashing Station Design*” on flipchart paper
- Optional: Print the tippy tap instructions (1 per participant)

- Optional: Write the learning outcomes on flipchart paper
- If using PowerPoint: Handwashing
 - Review the PowerPoint presentation
 - Print the speaker's notes
 - Check that the projector is working
 - Cue the PowerPoint on the computer
- If using Video: It's in Your Hands
 - Cue video on your computer so it is ready to go
 - Check that the projector and speakers are working

Introduction**5 minutes****Option A:**

1. Ask the participants to put their hands out in front of them. Explain that a tap has just been turned on and they need to wash their hands. Ask the participants to mime washing their hands.
2. Ask the participants "Why is it important to wash your hands?"
 - *To stop the spread of pathogens and disease.*
3. Present lesson description or learning outcomes.

Option B:

1. Put a small amount of loose glitter or turmeric on your hands without the participants knowing.
2. Shake hands with everyone and ask them to shake hands with each other as if they are meeting in the street or at a community gathering.
 - *Ask the participants to look at their hands and clothes and see how the glitter or turmeric has been transferred*
3. Ask the participants "What diseases can be passed between people when they shake hands?"
4. Present the lesson description or learning outcomes.

Option C:

1. Ask the participants to shake hands with everyone as if they are meeting them in the street or at a community gathering.
2. Ask the participants "What diseases can be passed between people when they shake hands?"
3. Present the lesson description or the learning outcomes.

Method for Proper Handwashing**10 minutes**

1. Ask the participants to put their hands out in front of them. Explain that a tap has just been turned on and they need to wash their hands. Ask the participants to mime washing their hands for 20 seconds.



2. Use local materials to explain and demonstrate the steps for proper handwashing. Ask participants to mime the steps at the same time.

1. *Wet hands with clean, running water (warm or cold) and apply soap.*
2. *Rub hands together to make a lather and scrub them well; be sure to scrub the back of hands, between fingers, and under fingernails.*
3. *Continue rubbing hands for at least 20 seconds.*
4. *Rinse hands well under running water.*
5. *Dry hands using a clean cloth or air dry them.*



3. Ask the participants for suggestions on what can be used if soap is not available.

- *Soil, mud, ash, other materials where friction can help to remove dirt and pathogens (e.g., hand sanitizers)*
- *Handwashing with water is good; handwashing with mud, soil or ash is better; and handwashing with soap is the best*

4. Explain that it can be difficult for people to remember the steps for handwashing. Ask the participants to share fun ways to help people practice and remember these steps.

- *For example, sing a song that is approximately 20 seconds long, such as singing "Happy Birthday" twice.*

Critical Times for Handwashing**10 minutes**

1. Ask the participants to identify the key times when handwashing should be done. Record responses on the "Times for Handwashing" flipchart. Normally there are several times identified and the list can become quite long.

- *After defecation*
- *After handling child feces or cleaning a child's anus*
- *Before preparing food*
- *Before feeding a child*
- *Before eating*



2. Ask the participants to vote on the two most critical times for handwashing found by researchers in Bangladesh. Participants can vote in secret by holding up a finger in front of their chest.

- *After defecation*
- *Before preparing food*

3. Discuss how promoting fewer critical times may be more effective and have greater impact.
 - *Handwashing at one critical time would be a huge improvement in many situations*
 - *Few programs have been successful in promoting five times for handwashing*
 - *Each critical time is so different*
 - *Messaging can get confusing when promoting multiple critical times, need to keep the message simple and make it easy for people to remember*
-  4. Ask the participants if handwashing is so important, then why isn't everyone doing it?
 - *Handwashing is about behaviour; changing handwashing practices means changing behaviour.*
5. Tell the participants that behaviour change is discussed in more detail in the Latrine Project Implementation workshop.

Designing Handwashing Stations

15 minutes

-  1. Use PowerPoint: Handwashing to show different designs. If not using PowerPoint, refer the participants to the handwashing station illustrations in the Technical Brief: Handwashing.
2. Optional: Show the video "It's in Your Hands".
-  3. Ask the participants "What are key design features?" Record responses on the "Handwashing Station Design" flipchart.
 - *Easy to use, soap, running water, use little water, people don't touch same part with dirty/clean hands, least amount of touching as possible, does not provide a breeding site for mosquitos, replicable, uses locally available materials*

Optional: Constructing Handwashing Stations

45 minutes

-  1. Explain that they will now construct part of a handwashing station. Participants will work in pairs. They should be creative or copy something that they have seen that they like.
-  Optional if building tippy taps: Hand out the construction steps.
2. Ask the pairs to demonstrate their handwashing stations to the others.
3. After each demonstration, ask the participants to share what they liked about the handwashing station and what would make the handwashing station even better.

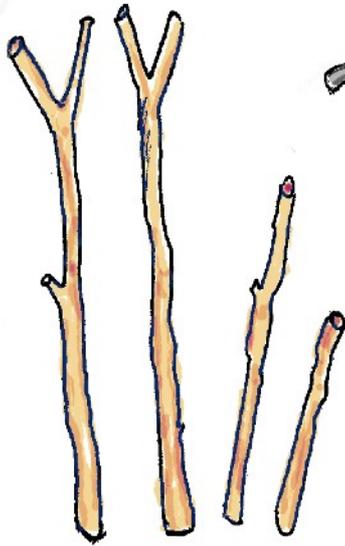
Review**10 minutes**

1. Explain to participants that they will now design their handwashing station. Ask the participants to turn to the Handwashing section in their Sanitation System Design Workbook. Tell them they will have 10 minutes to complete the worksheet.
2. Encourage participants to discuss any questions or challenges with each other or with you.

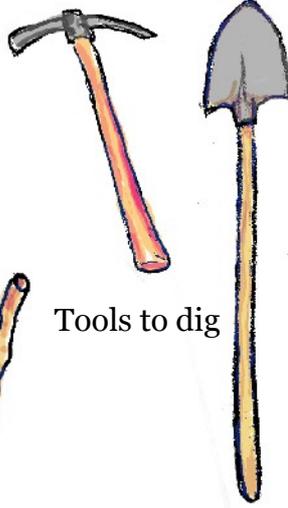
Reflections on Lesson

BUILD YOUR OWN TIPPY TAP

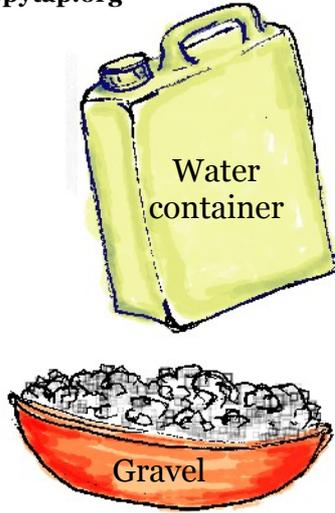
tippytap.org



2m forked sticks x2
1m straight sticks x2



Tools to dig

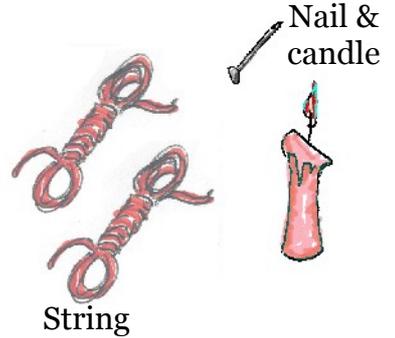


Water container

Gravel



Soap



Nail & candle

String



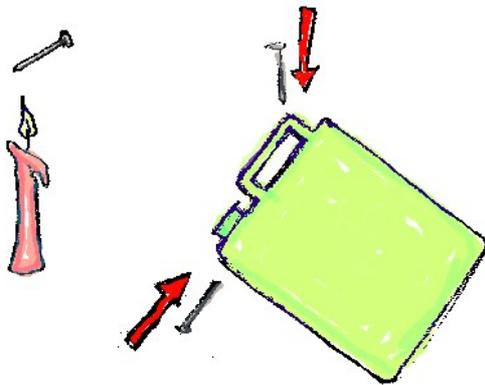
1. Dig two holes 18in deep and about 2ft apart



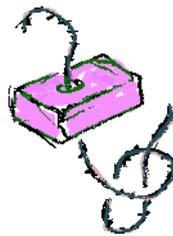
2. Place the forked sticks, ensure they are level



3. Fill holes with soil & rocks, and pack tightly



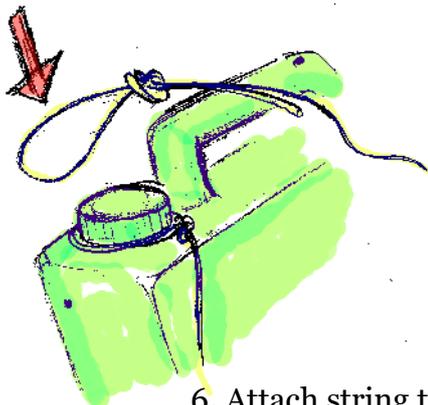
3. Heat the nail and make holes in the water container



4. Make a hole in the soap and thread string

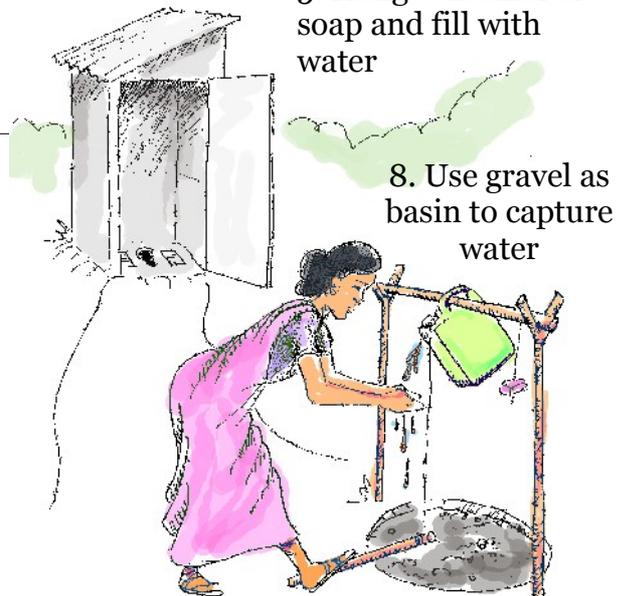
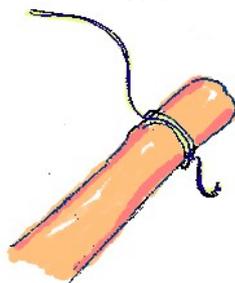


5. Hang container & soap and fill with water



6. Attach string to water container

7. And to foot lever stick



8. Use gravel as basin to capture water