



First aid

Kill the germs!

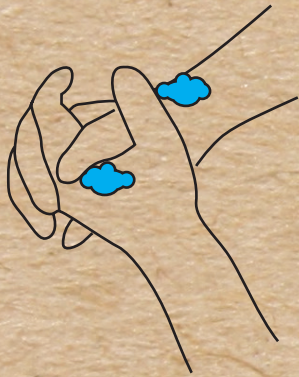
Stage

1

45 mins



Skills builder

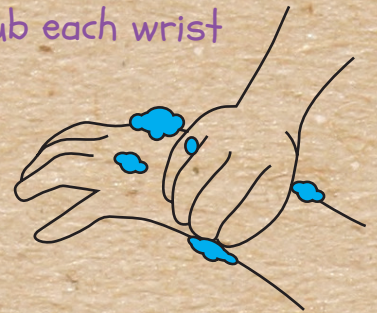


Rub palm to
palm with fingers



Rub tips of fingers

Rub each wrist



Aim of activity

You don't want to make a poorly person worse. Practise washing your hands to help stop germs spreading.

What you'll get out of it

- Know how to clean your hands.
- Discover why clean hands are important.

What you'll need

- A timer
- For each pair:**
 - Washable paint
 - Soap and water in bowls/wash area
 - Pens
 - Paper
 - Latex or non-latex gloves (optional)



WE DISCOVER, WE GROW

Girlguiding



First aid

Stay safe

Make sure that nobody in the unit is allergic to any of the items you use.



Note to leader

You'll have to demonstrate how to wash your hands properly, so you may want to look this up before starting the activity.

What to do

1 Get together and chat about why it might be important to keep your hands clean when helping someone who is hurt.

2 Get into pairs. To start, pick someone to be the first aider and the other person will be the scorer. First aider – shut your eyes. Scorer – smear paint all over the first aider's hands.

3 The first aider now has two minutes to wash all the paint off using the soap and water – careful not to splash or spill too much! Your leader will keep time. Remember, eyes closed, no peeking!

4 Time's up! First aider – open your eyes and look to see if there is any paint left on your hands. Scorer – give the first aider penalty points for every finger, palm or back of hand where there is still paint. Swap roles and try again.

5 When everyone has had a turn, come back together as a group. Talk about where paint was left and who had the fewest penalty points. Did everyone get penalties for the same thing?

6 Your leader will show you how to wash your hands so they're sparkling clean! Remembering to scrub under nails and in between fingers. If you still have paint on your hands, try it out.

7 Come together as a group and chat about what germs could be on your hands? Where could you have picked these up?

8 Form a circle. One girl should put a small amount of paint on her hand, then pretend to sneeze and shake the hand of the girl next to her. Keep repeating sneezing and shaking hands until you've gone all the way around the group. How far did the paint go? This shows how easily germs can be passed to one another, which is why it's important to wash your hands before helping someone who is hurt.

9 Can you remember how to wash your hands? Get back into pairs and have a go, until they're nice and clean.

Take it further

Now you know how to clean your hands properly, design a step-by-step poster that you can put up in the bathroom at home.