

High Speed Hand Washing Technique

Wet, Shake (& move),
Soap,

End of the Line
(lathering),

Rinse, Dry



Find the 2015-revised HSHW lesson plan and supplemental activities at
<https://extension.oregonstate.edu/deschutes/enjoying-our-healthy-harvest>

What We Learned

High Speed Hand Washing Works!

It is easy to understand and implement, and can be done quickly. It can be fun and empowering for students. It helps prevent food borne illness and the spread of communicable diseases. It also promotes water and energy conservation.

Reminders, refreshers and fresh, age-appropriate approaches are important to re-engage commitment, at least annually.



Hyde, G., & Braverman, M. (2017). High Speed Hand Washing Helps Build Healthy Habits. *Journal of National Extension Association of Family and Consumer Sciences*. Volume 12, 2017.

<https://neafcs.memberclicks.net/assets/documents/journal/2017%20ineafcs%20final%202.pdf>.