

WASHING & DRYING HANDS
HG-HN-03

Specific Target Behavior: When given the instruction, "_____, wash your hands," student washes hands.

General Instructions: Method I - Backward Chaining Procedure. If student has difficulty mastering Step #2, teach Drying Hands (HG-HN-08a or b) before proceeding with this program. Prior to beginning program, determine which alternative will be used in Steps #3 and #1, and keep consistent throughout. This program can be used with liquid or bar soap. Optional Steps #9 and #7 must be used with bar soap.

Prerequisites: Regulating Water (HG-HS-03).

Materials: Soap, towels, wastebasket (optional).

STEP	METHOD
11. Turns on water.	11. Give instruction, "_____, wash your hands." Have student turn on cold water and then turn on hot water. Caution: This sequence is important to prevent scalding.
10. Wets hands.	10. Have student wet each hand under running water.
[9. <i>Optional: Picks up soap.</i>]	[9. <i>Have student pick up soap. Omit this step if liquid soap is used.</i>]
8. Puts soap on hands.	8. Have student hold soap bar in preferred hand and rub it across opened nonpreferred palm three times. If liquid soap is used, have student squirt small amount into nonpreferred palm.
[7. <i>Optional: Puts soap down.</i>]	[7. <i>Have student put soap down. Omit this step if liquid soap is used.</i>]
6. Lathers hands.	6. Have student rub palms together to work up lather and then rub lather on back of left hand, then on back of right hand.
5. Rinses hands.	5. Have student rinse hands under running water in following sequence: left palm, left back, right palm, right back. Have student rub each area lightly with opposite hand while rinsing.
4. Turns off water.	4. Have student turn water off.
3. Gets towel.	3. Have student get paper or cloth towel.
2. Dries hands.	2. Have student rub towel on both sides of both hands to dry. Have student hold towel in right hand and dry palm and back of left hand. Then have student transfer towel to left hand and dry palm and back of right hand.
1. Disposes of towel.	1. Have student put paper towel in wastebasket or appropriately dispose of cloth towel.