

Handwashing Nudges Installation Guide

Step-by-Step Instructions

Please provide these instructions for all four nudges (footpath, calendar of posters, arrow sticker, and eye sticker) to those installing the nudges, such as custodial staff, hired contractors, or school volunteers. As previously noted, the nudges should be installed as a package.

1. Footpath with Footprints

Location

Leading from the toilet or toilet stall to the handwashing area.



Instructions

1. Ensure no students are in classrooms; explain the paint fumes will not be good for pupil's health.
2. Put on protective mask and latex gloves. For safety & neatness, please do not skip this!
3. **Prep paint.** Use stick to stir it up to ensure pigment is evenly distributed. If paint has gotten thick, pour in some thinner.

Materials



Rubberized (Waterproof) Floor Paint
To paint footpath



Spray-paint
To spraypaint footprints on footpath (multiple colors)



Sandpaper
To roughen up surface and ensure paint sticks better, if painting



Footprint Stencil*
To paint or spraypaint footprints on footpath (from plastic or cardboard)



Old Newspapers
To wipe accidental paint drips if needed



Paint Thinner
To dilute paint if painting footpath



Masking Tape
To mark out footpath before painting, to ensure straight lines



Stick
To stir paint



Protective Mask
To protect from paint fumes while painting



Pair of Gloves
To protect from stains while painting

*Template provided in Resources

4. **Ensure the path from the toilet door to the handwashing sink is clear, and the floor surface is dry and dust-free.** This may require you to move items out of the way or to clean the floor surface.
5. **Vigorously sandpaper footpath area.** This will help the paint adhere better to floor.
6. **Use masking tape to lay down both sides of pathway from toilet door to handwashing sink.** Fix lines until it is neat and straight. At minimum, path should fit one pair of footprints. Lay down footprint stencils to help determine appropriate width.
7. **Carefully paint in pathway.** Use generous amount of paint and downward strokes, to ensure the sides of the pathway are sharp and inside paint is evenly filled.
8. **Wait for the footpath to dry completely.** (This is very important to ensure the spray-painted footprints on top adhere well. Otherwise, the spray paint will smear, fade very quickly, or encourage the floor paint beneath to flake off).
9. **Select two spray paint bottles of two different colors.** Ideally, they should contrast with the colors of the footpath, as well as the bathroom or classroom. This will make the footprints more eye-catching. One spray paint color will be the left foot, the other for the right foot.
10. **Lay footprint stencils out carefully on top of footpath (see Resources).** Please note the footpath should be fully dry at this stage. Each left and right footprint should be offset from each other, to mimic a student walking.
11. **Spray paint in stencils.** Repeat steps 9-10 until footprints stretch the entire length of the footpath.

Alternative Design

If the floor cannot be painted or spray-painted on (for example, the floor is tile or wood), we recommend utilizing only **water-proof footprints** to guide students. We utilized waterproof vinyl stickers, but you may also want to use laminated footprints, whichever method is cheaper. The template for footprints in Resources can be used to print the footprint stickers.



2. Calendar of Posters

Location

A vertical surface where students **must** see it immediately after using the toilet

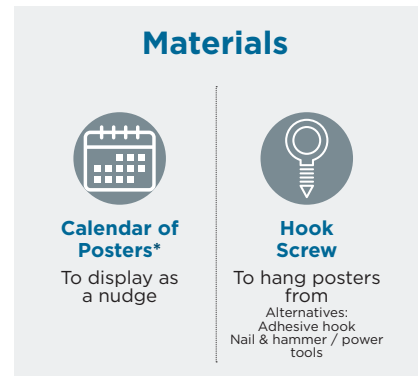
- If handwashing station is outside the door, place the posters at the back of the toilet stall door.
- If the handwashing station is inside the toilet stall, place the posters on a wall facing the toilet bowl where both boys and girls would look after using the toilet.

Instructions

1. **Determine where the posters will be hung.** This can be the back of the toilet stall, directly opposite the toilet bowl, to the left or right of the toilet bowl, etc. It should be in the area between the toilet and the handwashing area that students are most likely to look as they exit.
2. **Decide at what height to hang the poster. Mark space with masking tape if helpful.** It should be roughly at eye-level for the average student for each relevant grade.
3. **Carefully screw hook into the wall.** This can be done by hand if the surface is plywood. For all other surfaces, consider the following methods instead.
 - **Alternate method:** use adhesive hook
 - Spray alcohol and wipe with cloth to clean area you marked with chalk.
 - Remove adhesive on one side, stick to back of hook.
 - Remove adhesive on other side, stick to wall.
 - Leave alone until end of installation to put hang up posters (this allows adhesive to stick better. Weighing it down before it has the chance to “stick” will make hook likelier to fall.
 - **Alternate method:** Use conventional nail and hammer (or power tools, as appropriate)
4. **Hang poster calendar on hook.**
5. **Flip to the poster with the correct calendar month.** On the first of every month, flip the calendar so the right month poster is displayed.

Alternative Design

You could instead use **laminated posters** or **posters printed on tarp**. These alternatives may be more durable than posters printed on weighted waterproof paper.



*Templates are provided in Resources



3. Eye Sticker & Arrow Sticker (with Soapdish)

Eye Location

Where students **must** look when trying to wash their hands.

- On top of the water source (faucet, bucket of water), at roughly eye-level of the student.

Arrow Location

On top of the designated place for soap (i.e., soap dish), at eye-level of the average student.



Instructions

1. **Observe if there is soap dish or other designated location for handwashing soap (i.e., tray, basket) by water source of the sink (i.e., faucet or bucket of water).** If so, you're good to go!
 - If YES there is a soap holder but it is not beside water source, move soap holder the right or left of water source. This makes washing hands with soap as easy as possible for student.
 - If NO there is no soap holder or location, procure and place soap dish by sink.
2. **Determine where the stickers will be placed.**
3. **Spray alcohol on wall surface and wipe with cloth.** This ensures the space above sink/water basin for both the eye and arrow sticker is clean and dry.
4. **Unpeel and place eyes sticker to point directly above sink/water basin in one movement.** If you make a mistake, we recommend you use a new sticker rather than re-peeling and place it back, as it may cause the sticker to fall more easily.
 - **Alternate method:** If eye sticker does not adhere well to surface, use the strongest clear tape you can obtain to secure sticker. For example, wide packing tape is stronger than scotch tape. Tape over the sticker, leaving at least 1 inch beyond each side of the sticker, to ensure the hold is secure.
5. **Unpeel and place arrow sticker to point straight at soap dish in one movement.** Again, we recommend using a new sticker if you make a mistake.
 - **Alternate method:** Again, clear tape can be used to secure sticker to the wall instead. See details in bullet point of Step 4.

Materials	
 Cloth To wipe surface where stickers will be adhered	 Alcohol Spray To wipe surface where stickers will be adhered
 Eye Sticker* To display as a nudge	 Arrow Sticker* To display as a nudge
 Clear Tape To secure sticker to surface (optional)	 Soapdish To place by handwashing station, if it does not have one already (optional)

*Template is provided in the Resources section.

Alternative Design

You could instead use **laminated stickers**, which are more difficult to tear.