



## Hand Washing Policy

### Quality Area 2: Children's health and safety

**Standard 2.1:** Each child's health is promoted.

**Standard 2.2:** Healthy eating and physical activity are embedded in the program for children.

**Standard 2.3:** Each child is protected.

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***A person who shows no signs of illness can spread infections. Hand washing is one of the most effective ways of preventing the spread of infection. Educating and encouraging children to wash their hands effectively will help to reduce the incidence of infectious diseases.***

- Educators will role model effective hand washing procedures
- Educators will discuss with children the importance of hand-washing and include hygiene practices in the program
- Educators will supervise children's hand-washing
- Parents are encouraged to practice good hand-washing techniques at home to assist in children's learning
- Children and Educators alike will wash their hands before eating and or serving food.
- Educators are aware that wearing gloves does not replace the necessity of hand-washing
- Children, Educators and visitors should use hand-washing effectively to prevent the spread of infectious disease
- Ensure safe, well maintained age appropriate facilities are available for washing hands with soap and running water in the immediate vicinity of areas where children or staff use toilets, food is stored, prepared or served, near areas of outdoor play.
- Ensure effective drying of hands with individual towels, disposable paper towel or automatic hand-dryer
- Ensure children, visitors, staff and persons normally working or visiting the centre, use liquid soap or hand sanitiser solution on entry of the centre.
- In situations where running water is not available, non-water cleansers or antiseptics such as alcohol based hand rub, gel or foam are adequate, and ensure children do not mouth or inhale fumes from wipe; if hands are visibly soiled, washing with soap and running water should be done if possible
- Use disposable paper towels in preference to cloth towels. If cloth towels are used, only use once, then place in a laundry basket for washing, otherwise each person or child has their own individual towel which is given to the parent at the end of each day for washing. When towels are hung to dry, they should not be in contact with each other; paper towels should be disposed of in a lined pedal bin
- Use where practical a disposable paper towel to turn off taps. Taps, sinks and toilet flush handles should be cleaned daily

- Ensure that staff with cuts, abrasions, dermatitis or open wounds on their hands cover with a water-resistant brightly coloured occlusive dressing, which should be changed each time it is soiled or wet
- Children will be reminded to wash their hands at the appropriate times by Educators such as after going to the toilet, before eating, after handling animals and etc.
- Songs will be used to help children to remember the procedure and to make it a fun part of the routine
- Display a waterproofed poster for hand-washing instructions above all hand washing basins. Translate them into the relevant community languages or display visual charts of the correct hand-washing procedure if needed for families, visitors and volunteer workers to the centre.

Staff must remember that children learn by watching and then copy what they see adults doing. Therefore, staff must model appropriate hand washing practices. When children are observed to be not washing their hands or are not washing them correctly, staff will:

- Remind them to wash their hands
- Show them how to wash their hands effectively, if they do not know how or have forgotten
- Remind them that washing their hands will stop the spread of germs that cause sickness
- Ensure children, visitors and persons normally working at the centre wash hands using the following method;
- **Hand Washing Method**
- Wet hands with running water
- Use liquid soap and spread over hands, rubbing vigorously all over. Pay particular attention to wash the palms and backs of hands, in between fingers, under nails and around wrists. (Hands should be rubbed together for at least 15 seconds)
- Rinse hands thoroughly to remove all suds and germs
- Turn off tap with a piece of paper towel (if available)
- Pat dry hands with a fresh disposable paper towel
- Ensure children, visitors, and persons normally working at the centre wash hands:
- On arrival at the children's centre (parents can help with this)
- Before and after eating or handling food
- Before preparing or cooking food
- After removing gloves
- After going to the toilet
- After cleaning up or any contact with urine, faeces, vomit, blood or other body fluids
- After handling garbage
- After wiping nose or contact with nasal or salivary secretions
- Before and after giving a child medication
- After playing outside or in a sandpit or wading pool
- After patting or touching animals or pets (including fish, birds, reptiles)
- Before leaving the children's service

This policy was made with consideration to Staying Healthy in Childcare 5th edition, Health & Safety in Children's Centres: Model Policies & Practices 2003, Educational and Care Services National Regulations, National Quality Standards

Date that the policy was last updated or revised: April 2016

Signature of Director: \_\_\_\_\_

Nurture and Nature Private Preschool