

HAND WASHING POLICY

Having and encouraging good hygiene practices in Out of School Hours Care Services is essential for reducing the risk of infection. Helping children to develop appropriate personal hygiene habits will become embedded as they grow and develop. It is important to work with families to ensure children follow simple hygiene rules by incorporating good hygiene strategies in both the Service and home environment.

NATIONAL QUALITY STANDARDS (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, Hygiene and safe food practices
109	Toilet and hygiene facilities

RELATED POLICIES

Administration of Medication Policy	Incident, Illness, Accident & Trauma Policy
Animal and Pet Policy	Sick Children Policy
Control of Infectious Disease Policy	Supervision Policy
Health & Safety Policy	Work Health and Safety Policy

PURPOSE

Our Service is committed to ensuring the health and safety of all educators, volunteers, families, and children, providing a safe and healthy environment. Effective hand hygiene significantly reduces the risk of infection and is therefore of the utmost importance. We aim to perform specific hand washing hygiene practices to minimise the risks associated with cross infection.

SCOPE

This policy applies to children, families, and visitors of the Service.

IMPLEMENTATION

Infection can be spread through direct physical contact between people, airborne droplets from coughing and sneezing or from contact with surfaces and objects. Children come into contact with a number of other children and adults, toys, eating utensils, and equipment. This high degree of physical contact with people and the environment creates a higher risk of children being exposed to and spreading infectious illnesses. Whilst it may not be possible for services to prevent the spread of all infections, we aim to create a hygienic environment to minimise the spread of diseases and infections.

Hand washing is a vital strategy in the prevention of spreading many infectious diseases. Research emphasises good handwashing as the single most important task you can do to reduce the spread of bacteria, germs, viruses, and parasites that infect yourself, other staff and children being cared for.

Micro-organisms such as bacteria, germs, viruses, and parasites are present on the hands at all times and live in the oil that is naturally produced on your hands. The use of soap or detergent and water remove most of these organisms and decreases the risk of cross infection.

Our Service will adhere to National Regulation requirements, standards, and guidelines to support the effectiveness of our hand washing policy. We aim to educate and encourage children to wash their hands effectively which will help to reduce the incidence of infectious diseases, adhering to guidelines provided in *Staying healthy: Preventing infectious diseases in early childhood education and care services* to guide best practice.

TO ENSURE THE GREATEST LEVEL OF PERSONAL HYGIENE, IT IS A REQUIREMENT OF THE SERVICE TO WASH YOUR HANDS:

- On arrival at the Service
- After going to the toilet
- After assisting with wiping a runny nose or blowing your own nose
- Before and after administering first aid
- Before and after administering medication
- After using chemicals
- Before eating, preparing and serving food

- After cleaning up bodily fluids
- After removing protective gloves
- Before going home

Children will be encouraged to follow educator's role modelling and wash their hands at appropriate times whilst in attendance at the Service. Educators will ensure all required equipment is easily accessible and appropriate for use.

STRATEGIES EDUCATORS WILL USE TO ENCOURAGE EFFECTIVE HAND HYGIENE PRACTICE

INCLUDE:

- Talking about the importance of hygiene
- Using a clear visual poster with step by step instructions
- Using positive language
- Encouraging and using positive reinforcement
- Ensuring equipment is accessible
- Providing clear simple routines
- Giving children sufficient time to practice and develop their skills
- Ensuring adequate supervision and assistance is available when required

We believe the hygiene practices of children being cared for should be as rigorous as those of educators. Our environment supports appropriate hygiene practice.

HAND DRYING

Effective hand drying is just as important as comprehensive hand washing. Research states that wet hands can pick up and transfer up to 1000 times more bacteria than dry hands. Drying hands thoroughly also helps remove any germs that may not have been rinsed off. We provide children and educators with disposable paper towel to ensure effective hand hygiene

SOURCE:

Australian Children's Education & Care Quality Authority. (2014).

Early Childhood Australia Code of Ethics. (2016).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Standard. (2017).

My Time, Our Place: Framework for School Age Care in Australia (2011).

National Health and Medical Research Council. (2012). *Staying healthy: Preventing infectious diseases in early childhood education and care services.*

Revised National Quality Standard. (2018).

REVIEW

POLICY REVIEWED	NOVEMBER 2019	NEXT REVIEW DATE	NOVEMBER 2020
MODIFICATIONS	New policy drafted.		

Hand washing procedure on following page:

Wash Your Hands



1. Wet your hands with running water



2. Cover your hands with soap and rub your hands vigorously



3. Wash your hands all over, being sure to clean in between fingers, under fingernails,



4. Rinse your hands thoroughly to remove all soap and germs



5. Use a paper towel to dry hands & turn off the tap



6. Place paper towel into the bin.