

Tocumwal Pre-School

SECTION: 2 – Children’s Health and Safety

POLICY NO: 2.6.0

POLICY: Health & Hygiene Practices

REVIEW DATE: 31/5/18

DATE OF APPROVAL:

Introduction

Ensuring the health and safety of children, and staff, and supporting children’s ongoing wellbeing and growing competence, confidence and independence is a core focus of our Centre. It is important that educators role-model positive health practices, and that children are appropriately supervised, assisted and encouraged in their daily health and hygiene routines. Wellbeing incorporates both physical and psychological aspects and is central to ‘belonging, being and becoming’. Without a strong sense of wellbeing it is difficult to have a sense of ‘belonging’, to trust others and feel confident in ‘being’ and to optimistically engage in experiences that contribute to ‘becoming’ (Early Years Learning Framework, page 31). Maintaining hygiene practices within the service and teaching young children about health and hygiene will assist in the prevention of infectious diseases and support healthy lifestyles. Providing families with timely and current information will further support this process.

Goals – What are we going to do?

Health & hygiene practices are effectively managed at the service to ensure children remain healthy and transmission of infectious diseases are minimised. The Centre will ensure that routines, activities and experiences support children’s individual requirements for health, nutrition, sleep, rest and relaxation. Learning about healthy lifestyles, including nutrition, personal hygiene, physical fitness, emotions and social relationships, is integral to children’s wellbeing and self-confidence.

National Quality Framework, Quality Area 2: Children's Health and Safety

National Quality Standard 2.1 Each child's health and physical is supported and promoted

- 2.1.1 Each child's comfort and wellbeing and provide for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation
- 2.1.2 Effective illness and injury management and hygiene practices are promoted and implemented
- 2.1.3 Healthy eating and physical activity are promoted and appropriate for each child

Strategies - How will it be done?

The Approved Provider will ensure:

- The centre aims to maintain a healthy and hygienic environment for children, educators and families by providing professional cleaning services on a daily basis.
- The centre will ensure that additional procedures are implemented to minimise the potential risk and prevent the spread of disease and illness and that the Nominated Supervisor, educators and volunteers are aware of the need to implement health, hygiene practices and safe food handling and storage practices in order to minimise risks for the children. These procedures will include:
 - Spot and routine cleaning by educators;
 - Effective hand washing practices;
 - Identifying and excluding sick children and educators as per the Infectious diseases and the Illness policy;

- Maintaining updated immunisation records as per the Infectious diseases policy;
- Effective handling, storage and disposal or washing of soiled items; and
- The use of personal protection equipment.

The Nominated Supervisor will:

- Ensure that educators and volunteers implement health, hygiene practices and safe food handling and storage practices (See Section 2, Policy 2.4.1 Safe Practices for handling, preparing and storing food) in order to minimise risks for the children in the centre.
- Ensure that in the event of an infectious disease being identified within the children, families or educators in the service, steps are taken to prevent the spread of the infectious disease and that parents and emergency contact details are notified about the occurrence of an infectious disease as soon as possible (See Section 2, Policy 2.5.3 Infectious Diseases & exclusion)
- Maintain up-to-date immunisation records for all children. Families will be given reminder notifications when scheduled immunisations are due. If any outbreak occurs within the education and care service children who are not immunised will be excluded as per Section 2, Policy 2.5.3 Infectious Diseases & exclusion)
- Introduce cleaning systems that prevent contamination and cross infection. Cleaning buckets, cloths, mops etc will be clearly labelled, coded to indicate their specific use and stored in a location inaccessible to children.

- Ensure that new educators, casual educators and volunteers are informed about the strategies and procedures implemented by the education and care service to keep themselves and the children protected.
- Prioritise training and professional development for educators regarding current hygiene and infection control practices.
- Provide opportunities for staff, children and families to have access to health professionals by organising visits/guest speakers to attend the service to present information on relevant topics and ensure that practices in place at the service are correct;
- Providing opportunities for educators to source relevant up to date information on the prevention of infectious diseases, and maintaining health and hygiene from trusted sources;
- Place a copy of hand washing procedures near all hand washing areas for educators to follow (See Section 2, Policy 2.6.1 Handwashing).
- Monitor sand cleanliness and arrange for annual change or topping up as needed.
- Develop procedures for:
 - maintaining a hygienic environment;
 - providing families with relevant infectious diseases, health and hygiene information;
 - guiding children’s understanding of health and hygiene throughout the daily program;

Educators will:

- Engage in training, research and professional development about current hygiene and infection control practices.
- Be responsible for routine cleaning of the centre. This will include sweeping and mopping floors after meal and activity times, wiping tables with soapy water before and after meals, sanitizing toys and equipment after use. The sandpits will be raked daily, and the sand cleaned frequently.
- Ensure that children's handwashing areas have a visual procedure available for children to refer to. Educators will role model correct hand washing techniques and give verbal reminders to children when washing hands.
- Monitor children's health and wellbeing while they are at the education and care service: Educators will observe children's activity carefully. If a child shows symptoms such as lethargy, high temperature, vomiting, skin rash, difficulty in breathing, diarrhoea or when educators have concerns about a child's health, they will immediately inform the Nominated Supervisor and the family. (See Section 2, Policy 2.5.3 Infectious Diseases and exclusion.)
- Wear gloves at all times when assisting a child with soiled or wet their clothing, and during toileting routines. Store and dispose of soiled items appropriately as per toileting policy. (See Section 2, Policy 2.6.2 Toileting.)
- Cover any cuts, abrasions, dermatitis or open skin on hands with a water-resistant dressing.
- Spot clean bathroom areas as required during the day and clean the areas thoroughly once daily.

- Effectively manage bodily fluid spills and accidents. (See Section 2, Policy 2.6.4 Contact with blood and bodily fluids);
- Encourage children to cover their noses and mouths when sneezing or coughing and to wash and dry their hands afterwards. Model this behaviour.
- Children's cups, plates and bowls along with all kitchen utensils used in the preparation of food will be sanitised in the dishwasher.
- Use every precaution to minimise the risk of infection within the education and care service environment for themselves, the children and the families
- Maintain adequate supervision of children (See Section 2, Policy 2.2.1 Supervision)
- Configure groupings of children to minimise the risk of overcrowding, injury and illness
- Monitor and minimising hazards and safety risks in the environment (See Section 2, Policies 2.5.4 Risk Management, 2.5.6 Child safe environment)
- Provide for and communicate with families regarding individual children's health, sleep, rest and relaxation requirements (See Section 2, Policies 2.3.1, 2.3.2, 2.3.3 Managing Children with Medical conditions, 2.4.3 Rest and Sleep)
- Implementing appropriate practices when administering medication (See Section 2, Policy 2.5.0 Administering Medication)
- Promoting healthy food choices and children's physical activity (See Section 2, Policy 2.4.0 Nutrition and healthy eating practices, 2.4.4 Physical Activity)

- Encouraging and supporting childhood immunisation (See Section 2, Policy 2.5.2 Immunisation)
- Understanding obligations under state child protection legislation (See Section 2, Policies 2.1.0 Child Protection, 2.5.6 Child safe environment)
- Maintain currency with regard to Health and Safety by attending appropriate professional development opportunities.
- Implement appropriate health and safety procedures, when tending to ill children;
- Manage illness and injuries effectively
- Provide varied opportunities for children to engage in hygiene practices, including routine opportunities, and intentional practice;

Statutory Legislation & Considerations

- *National Quality Standards for Early Childhood Education and Care and School Age Care, Council of Australian Governments February 2018*
- *Education and Care Services National Amended Regulations 2018, 77,85,86,88-96,161,162,168,177,178*
- *Public Health Act, 1991*
- *The NSW Work Health and Safety Act 2011 and the NSW Work Health and Safety Regulation 2011*

Sources

- [Community Early Learning Australia](#)
- Guide to the National Quality Standard, Australian Children's Education & Care Quality Authority, 2018

- Guide to the Education and Care Services National Law and the Education and Care Services National Amended Regulations, Australian Children's Education & Care Quality Authority, 2018
- *Staying Healthy*, Preventing infectious diseases in early childhood education and care services, NHMRC, 5th Edition (2013)
- Early Years Learning Framework for Australia - Belonging Being Becoming Australian Government Department of Education, Employment and Workplace Relations for the Council of Australian Governments (2009)
- NSW Department of Health - www.health.nsw.gov.au
- National Health and Medical Research Council - www.nhmrc.gov.au