

## HEALTH AND HYGIENE

The provision will promote a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. All staff, students and volunteers will achieve this in the following ways:

### Information Sources

- the provision will maintain links with health visitors and gather health information and advice from the local Health Authority Information Services and/or other health agencies such as Environmental Health
- parents/carers will have the opportunity to discuss health issues with the staff and have access to information available to the provision.

### Hygiene

To prevent the spread of all infection, adults in the provision should ensure the following good practices are observed:

### Personal Hygiene:

- a large box of tissues will be available and children encouraged to blow and wipe their noses as necessary. Soiled tissues will be disposed of hygienically
- children will be encouraged to shield their mouths when coughing and sneezing
- hands will be washed after using the toilet and before handling food
- paper towels will be available and disposed of appropriately
- hygiene rules related to bodily fluids will be followed with particular care, and all staff and volunteers will be aware of how infections, including the HIV infection, are transmitted
- toothbrushes must not be shared
- children with pierced ears will not be allowed to try on or share each other's earrings
- children with head lice will be admitted to the provision; however advice will be given to parents on treating the whole family.

### Cleaning and Clearing

- all tables and work surfaces should be thoroughly disinfected before meals and prior to cooking activities
- rubber gloves and aprons will always be used when cleaning up spills of body fluids
- blood, vomit or excrement should be wiped up and flushed down the toilet and the surface disinfected. (It is recommended that bleach is not used).
- fabrics contaminated with body fluids will be thoroughly washed in hot water
- spare clothing, will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments

## Food

The provision will observe current legislation regarding food hygiene, registration and training. In particular each adult will: -

### Food Hygiene

- attend food hygiene training as required
- wear appropriate clean clothing and wash their hands before handling food
- ensure the kitchen area is free from contamination, e.g. rodents, flies etc.
- use different cleaning cloths for kitchen and toilet areas
- ensure waste is disposed of properly and out of reach of children. Keep a lid on the dustbin and wash hands after using it
- tea towels will be kept scrupulously clean and washed between sessions
- all utensils will be kept clean and stored in a dust-free place, e.g. closed cupboards or drawers
- cracked or chipped china will not be used.

### Food Preparation

- the food provided should be healthy and wholesome, promoting and extending the children's understanding of a healthy diet
- all meals and snacks will be planned in advance
- attention will be paid to all dietary requirements including those for medical, cultural, religious reasons and parental choice
- prepare raw and cooked food in separate areas
- keep food covered
- keep perishable food/drink at appropriate temperature
- ensure food and drink are served at a temperature and consistency which is safe and suitable for consumption
- any food and drink that requires heating will be heated immediately prior to serving and not left standing. No food or drink will be reheated
- wash fresh fruit and vegetables thoroughly before use.

### Food as an Activity

- when cooking or handling food as an activity ensure that all the above points are complied with.

### Toileting

- children will have access to toilet facilities at all times. Where appropriate, children's seats will be available. Help and assistance will be given where needed
- Independence will be encouraged and privacy will be respected
- children will be taught good hygiene practices such as wiping themselves, flushing the toilet and hand washing etc.
- warm water should be available for children to wash their hands

- water temperature should be controlled.

#### Illness

- parents/carers will be asked to keep their children at home if they have any infection, and to inform the provision as to the nature of the infection so that the provision can alert other parents/carers, and make careful observations of any child who seems unwell
- information regarding exclusion periods for the more common communicable diseases will be made available to parents/carers
- parents/carers will be asked not to bring into the provision any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack
- if the children of staff are unwell, they will not accompany their parents/carers to work in the provision
- cuts or open sores will be covered.
- due to allergies sticking plasters are not recommended unless supplied by a parent
- the designated First Aider will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items should be kept sealed in packages until needed.

#### Outdoor Play

- children should have the opportunity to play in the fresh air throughout the year, either in the provision's own outside area or on outings to parks or other community play spaces
- the outside area will be checked thoroughly prior to use and all undesirable objects removed to ensure the health and safety of children and adults
- appropriate clothing should be worn for all outdoor activities
- sun safety procedures need to be observed
- high factor sun cream should be used and permission sought from parents/carers to apply sun cream.
- the provision should avoid the sun around mid-day
- the provision should ensure that there are sheltered places available
- sunhats will be worn by both adults and children

Signed: ..... Date:.....Review Date:  
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