

Warradale Community Children's Centre acknowledges the traditional custodians of the land we live on today and we pay our respects to the Aboriginal and Torrens Strait Islander People past, present and emerging.



Hand Washing Policy

National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.1	Well being and comfort	Each child's wellbeing and comfort is provided for including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
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.

National Education and Care Regulations

77	Health, hygiene and safe food practices
106	Laundry and hygiene facilities
109	Toilet and hygiene facilities

Aim

To ensure that all educators, staff, volunteers, families and children of the Service perform specific hand washing hygiene practices required, in order to minimise the risks associated with cross infection.

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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 spread 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.

Handwashing 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 to remove most of these organisms and decreases the risk of cross infection.

Our service will adhere to National Regulation requirement, standards and tools to support the effectiveness of our hand washing policy. We aim to educate and encourage children to wash their hands effectively which will assist in the reduction of infectious disease.

Hand sanitizer

Hand Sanitisers can be a fast and effective way to remove germs that may have been picked up by touching contaminated surfaces. Hand Sanitisers reduce the number of germs on your hands; they do not remove dirt from your hands. Hand Sanitisers are useful when performing multiple tasks in which hands can potentially become contaminated; for example, when assisting children with eating, when on excursions, in the playground, or in other situations where soap and water are not always available. Hand sanitisers are only to

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be used as an adjunct to hand washing, after several uses hands will need to be washed with soap and running water.

Disposable wipes can be used to wipe the hands of babies and children who are unable to stand at a basin to wash their hands; hands must be patted dry after the use of wipes.

Hand Hygiene and Eczema

People with eczema have dry, itchy and sensitive skin that is easily inflamed and made worse by rubbing and scratching. These people may find that frequent use of soap and water irritates their skin. One solution is to use sorbolene cream instead of soap— put the cream on and gently rub it off under running water. People with eczema should pat their hands dry rather than rub them, and apply more sorbolene cream if needed.

To ensure the greatest level of personal hygiene, it is a requirement of the service to wash your hands”

- On arrival at the Centre
- Before and after toileting or changing nappies
- After going to the toilet
- After wiping a runny nose or blowing your own nose.
- Before and after administering first aid.
- Before and administering medication.
- After using chemicals
- Before eating, preparing and serving food.
- Before and after making bottles.
- After cleaning up bodily fluids
- After removing protective gloves
- Before going home.

Children will be encouraged to follow educators modelling and wash their hands at appropriate times throughout the day. Educators will ensure all required equipment is easily accessible and appropriate for use.

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Strategies educators will use to encourage effective hand hygiene practice include:

- Talking about the importance of hygiene and handwashing
- Singing songs or reciting a poem during the handwashing process (Happy birthday twice is a sufficient time frame)
- Using clear visual posters with step by step instructions
- Using games and songs that promote this at group times
- Using positive language
- Encouraging and using positive reinforcement
- Ensuring equipment is accessible
- Provide clear, simple routines
- Give children enough time to practice and develop their skills
- Ensure adequate supervision and assistance is available when required

We believe the hygiene practices of children being cared for should be as rigorous as educators and staff. Our hygiene environment supports appropriate 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, educators and staff with disposable paper towels to ensure effective hand hygiene. We encourage one sheet of paper towel at a time so that fits in with our sustainability approach.

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Evaluation

- This policy is viewed as working effectively when children and educators are consistently using correct hand hygiene procedures.

Source

- Revised National Quality Standards
- Staying Healthy in Child Care 5th edition
- ECA Code of Ethics
- Australian Children's Education and Care Quality Authority 2014
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015

Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Next Review Date
1.0	15/4/19	Policy developed	Trish Cook	7/7/23
1.1	07/07/23	Updating Hand sanitizer and adding hand hygiene and Eczema	Stephanie Bilsborow	31/12/24
1.2	Sept 2024	Added wash hands before and after making bottles	Lori Hay	Sept 2025