

HAND WASHING POLICY

Reason this policy is important:

Many studies have shown unwashed or improperly washed hands are the main reasons for the spread of infections. Proper hand washing has shown to reduce the number of colds and diarrhea in children in child care.

Procedure and Practices, including responsible person(s):

CHILDREN AND ALL STAFF SHALL WASH THEIR HANDS USING THE FOLLOWING PROCEDURES: (hand washing poster)

http://www.healthychildcarenc.org/training_materials.htm

For children who can stand, a hand washing sink should be child size or use of a safety step at a height which the child's hands hang freely under the running water.

1. Check to be sure a clean, disposable paper towel and liquid soap is available.
2. Turn on warm water.
3. Wet hands with water and apply liquid soap.
4. Rub hands together until a soapy lather and continue for 20 seconds. Rub areas between fingers, around nail beds, under fingernails, jewelry, back of hands.
5. Rinse hands under warm running water. LEAVE WATER RUNNING.
6. Dry hands with disposable paper towel.
7. Shut off water with paper towel.
8. Throw paper towel into lined trash container.
9. Use hand lotion to prevent chapping, if desired.

If a child is unable to stand and is too heavy to hold safely to wash hands at the sink, caregivers shall use the following method:

1. Wipe child's hands with a damp towel moistened with a drop of liquid soap.
2. Discard the towel.
3. Wipe the child's hands with a clean, wet paper towel until hands are free of soap.
4. Discard the towel.
5. Dry child's hands with a clean paper towel.

When the policy applies:

All staff, volunteers, and children should wash hand at the following times:

- Upon arrival for the day or when moving from one class to another.

Before:

- Before and after eating, preparing meals, snacks or bottles, giving first aid
- Preparing or giving medication
- Playing in the water table

After:

- Using the restroom or diapering a child
- Blowing noses, coughing, sneezing, helping children with tissues
- Handling uncooked food
- Handling pets
- Outside play
- Playing in sandbox
- Cleaning/handling garbage

Communication plan for staff and parents:

- Staff and volunteers will receive a written copy of this policy in their orientation packets before beginning work at the center.
- All staff will be instructed on proper hand washing procedures upon hire and when necessary.
- Hand washing posters will be posted by all sinks.
- Staff will supervise, assist and instruct children on proper hand washing in the classroom.

References:

CARING FOR OUR CHILDREN, National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs. 2nd Edition. American Academy of Pediatrics, American Public Health Association, and U.S Department of Health and Human Services. 2002 <http://nrc.uchsc.edu/CFOC/>

Managing Infectious Diseases in Child Care and Schools, A quick reference guide. American Academy of Pediatrics, 2004.

Reviewed by:

_____ Director/Owner

_____ Health Professional (physician, nurse, health department, EMS, Health consultant)

_____ Staff member

_____ Other (parent, advisory committee)

Effective Date and Review Date:

This policy is effective _____ (date) and

reviewed yearly _____ (date) or as needed

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