

# Yarram Early Learning Hygiene Policy

## Best Practice – Quality Area 2

### PURPOSE

This policy provides guidelines for procedures to be implemented at Yarram Early Learning to ensure:

- effective and up-to-date control of the spread of infection
- the provision of an environment that is safe, clean and hygienic

### POLICY STATEMENT

#### 1. VALUES

Yarram Early Learning is committed to protecting all persons from disease and illness by minimising the potential for infection through:

- implementing and following effective hygiene practices
- implementing infection control procedures, to minimise the likelihood of cross-infection and the spread of infectious diseases and illnesses to children, staff and any other persons in attendance at the service
- fulfilling the service's duty of care requirement under the *Occupational Health and Safety Act 2004*, the *Education and Care Services National Law Act 2010* and the *Education and Care Services, National Regulations 2011* to ensure that those involved with the service are protected from harm
- informing staff, volunteers, children and families on the importance of adhering to the *Hygiene Policy* to maintain a safe environment for all users, and communicating the shared responsibility between all involved in the operation of the service.

#### 2. SCOPE

This policy applies to the Approved Provider, Nominated Supervisor, Certified Supervisor, staff, students on placement, volunteers, parents/guardians, children and others attending the programs and activities of Yarram Early Learning, including during offsite excursions and activities.

#### 3. BACKGROUND AND LEGISLATION

##### Background

Infections are common in children and often lead to illness. A person with an infection may or may not show signs of illness and, in many instances, the infectious phase of the illness may be in the period before symptoms become apparent, or during the recovery phase. While it is not possible to prevent all infections in education and care environments, services can prevent or control the spread of many infectious diseases by adopting simple hygiene practices.

##### Hygiene and Infection Control Practices

An infection can be spread when an infected person attends the service premises and contamination occurs. A service can contribute to the spread of an infection through poor hygiene practices that allow infectious organisms to survive or thrive in the service environment.

The implementation of appropriate hygiene and infection control procedures aims to break the cycle and prevent the spread of infections at every stage. The National Health and Medical Research Council (NHMRC) suggest that to reduce illness in education and care services, the three most effective methods of infection control are:

- effective hand washing
- exclusion of sick children, staff and visitors
- immunisation.

Other strategies to prevent infection include:

- cough etiquette
- appropriate use of gloves
- effective cleaning of the service environment.

## Toileting Practices

Yarram Early Learning recognises that there are individual differences in the rate of maturation between children regarding toilet training. Staff will positively encourage children to utilise the toilet facilities and assist with the occasional accidents as required,

The bathroom routine at Yarram Early Learning is designed to reinforce effective toilet training with all children. As well as open access, regular bathroom routines are integrated into the morning and afternoon sessions to encourage good toileting habits. Staff ensures that children participate in toileting at different intervals during the day.

## Rest Practices

For children who may require a rest period on a mattress, sheets are provided by Yarram Early Learning and are stored individually. Staff have the responsibility of ensuring all bedding is cleaned after the child's last day in care for each week or after 3 days. All mattresses and cots are to be cleaned after each use using disinfectant and paper towel.

## Legislation and standards

Relevant legislation and standards include but are not limited to:

- *Education and Care Services National Law Act 2010*
- *Education and Care Services National Regulations 2011*: Regulations 77, 106, 109, 112, 168
- *Food Act 1990*
- *National Quality Standard*, Quality Area 2: Children's Health and Safety
  - Standard 2.1: Each child's health is promoted
  - Element 2.1.3: Effective hygiene practices are promoted and implemented
  - Element 2.1.4: Steps are taken to control the spread of infectious diseases and to manage injuries and illness, in accordance with recognised guidelines
- *Occupational Health and Safety Act 2004*
- *Public Health and Wellbeing Act 2008*

## 4. DEFINITIONS

The terms defined in this section relate specifically to this policy. For commonly used terms e.g. Approved Provider, Nominated Supervisor, Regulatory Authority etc. refer to the *General Definitions* section of this manual.

**Cleaning:** A process that removes visible contamination such as food waste, dirt and grease from a surface. This process is usually achieved by the use of water and detergent. During this process, micro-organisms will be removed but not destroyed.

**Communicable disease:** A disease capable of being transmitted from an infected person or species to a susceptible host, either directly or indirectly.

**Cough etiquette:** The correct way to prevent the spread of infectious organisms that are carried in droplets of saliva is to cough or sneeze into the inner elbow or to use a tissue to cover the mouth and nose. Place all tissues in the rubbish bin immediately and clean hands with either soap and water or a disinfectant hand rub.

**Hygiene:** The principle of maintaining health and the practices put in place to achieve this.

**Infectious disease:** A disease that can be spread, for example, by air, water or interpersonal contact. An infectious disease is designated under Victorian Law or by a health authority (however described) as a disease that would require the infected person to be excluded from an education and care service.

**Neutral detergent:** A cleaning agent available commercially and labelled as 'neutral' or 'neutral pH'.

**Sanitising:** A process that destroys micro-organisms. Sanitising a surface can reduce the number of micro-organisms present. The process of sanitisation usually involves ensuring a surface is thoroughly cleaned with both heat and water, followed by the use of chemicals.

## 5. SOURCES AND RELATED POLICIES

### Sources

- Department of Human Services, Victoria, Food Safety Unit
- Department of Human Services, Victoria (June 2000), *Sure protection against infection*
- National Health and Medical Research Council (2005), *Staying Healthy in Child Care: Preventing infectious diseases in child care*, <http://www.nhmrc.gov.au/guidelines-publications>.

### Service policies

- *Administration of Medication Policy*
- *Administration of First Aid Policy*
- *Dealing with Medical Conditions Policy*
- *Incident, Injury, Trauma and Illness Policy*
- *Dealing with Infectious Diseases Policy*
- *Occupational Health and Safety Policy*
- *Privacy and Confidentiality Policy*
- *Anaphylaxis*
- *Food Safety Policy*
- *Child Safe Environment Policy*
- *Relaxation and Sleep Policy*

## PROCEDURES

### The Approved Provider is responsible for:

- ensuring that all staff and volunteers are provided with a copy of this policy and have a clear understanding of the procedures and practices outlined within
- ensuring the Nominated Supervisor, staff and volunteers at the service implement adequate health and hygiene practices, and safe practices for handling, preparing and storing food (Refer to Food Safety Policy)(Regulation 77(1))
- establishing robust induction procedures that include the provision of information regarding the implementation of the practices outlined in this policy
- developing an appropriate cleaning and sanitising schedule that outlines daily, weekly, monthly, quarterly and annual cleaning and sanitising requirements and responsibilities
- arranging for the service to be cleaned and sanitised regularly, including floors and other surfaces, as per the cleaning contract and schedule
- reviewing the cleaner's contract and schedule on an annual basis
- ensuring the service has laundry facilities or access to laundry facilities, or other arrangements for dealing with soiled clothing, nappies and linen, including hygienic facilities for storage prior to their disposal or laundering (Regulation 106(1))
- ensuring that the laundry and hygiene facilities are located and maintained in a way that does not pose a risk to children (Regulation 106(2))
- ensuring that there are adequate and appropriate hygiene facilities provided for nappy changing which are designed, located and maintained in such a way that prevents unsupervised access by children (Regulations 112(2)&(4))
- ensuring that adequate, developmental and age-appropriate toilet, washing and drying facilities are provided for use by children, and that these are safe and accessible (Regulation 109)
- reviewing staff training needs in relation to understanding and implementing effective hygiene practices in early childhood settings
- providing hand washing guidelines for display at each hand washing location
- ensuring there is an adequate supply of non-toxic cleaning and hygiene products, including gloves, at all times.

### The Nominated Supervisor is responsible for:

- implementing and ensuring that all staff members and volunteers at the service follow adequate health and hygiene practices, and safe practices for preparing, handling and storing food to minimise risks to children (Regulation 77(2))
- developing effective hygienic systems for cleaning, such as using colour-coded cloths in each area
- ensuring sponges are cleaned, rinsed and stored separately, and replaced regularly

- ensuring that an inspection of the outdoor areas, in particular the sand and soft-fall areas, are conducted daily to ensure they are maintained in a safe and hygienic manner
- informing the Approved Provider of any issues that impact on the implementation of this policy
- actively encouraging parents/guardians to keep children who are unwell at home to prevent the spread of infection to other children and staff
- storing or presenting items, such as beds, bedding and sunhats in the most hygienic way practicable.
- ensuring that there is a regular and thorough cleaning and disinfecting schedule for all equipment and toys
- ensuring any chemicals and cleaning agents are non-toxic and stored out of reach of children
- ensuring that all staff wear disposable gloves when changing nappies or dealing with open wounds or other body fluids, and dispose of those gloves and soiled materials in a sealed container or plastic bag
- maintaining the service in a clean and hygienic manner throughout the day, such as wiping benches and tables before and after eating, and cleaning up spills
- actively encouraging staff who have, or are suspected of having an infectious disease to not attend the service in order to prevent the spread of infection to others at the service.

**Certified Supervisors and staff are responsible for:**

- implementing and promoting correct hand washing and hygiene practices, as outlined in this policy
- maintaining the service in a clean and hygienic manner throughout the day, such as wiping benches and tables before and after eating, and cleaning up spills
- conducting a daily inspection of the outdoor areas, in particular the sand and soft-fall areas, to ensure they are maintained in a safe and hygienic manner
- informing the Approved Provider of any issues that impact on the implementation of this policy
- actively encouraging parents/guardians to keep children who are unwell at home to prevent the spread of infection to other children and staff
- being conscious of their responsibility to not attend the service when they have or suspect they have an infectious disease.

*In terms of changing nappies for children, Certified Supervisors and staff are responsible for:*

- attending to the individual personal hygiene needs of each child as soon as is practicable
- changing nappies and attending to individual personal hygiene and toileting needs of each child
- according to recommended procedures (refer to Attachment 1 – Sample nappy-changing and toileting guidelines)
- disposing of soiled nappies in a safe and hygienic manner in line with this policy.

*In terms of the toileting of children, Certified Supervisors and staff are responsible for:*

- ensuring soap and drying facilities are available at all times when children are in attendance at the service, including ensuring paper towels are available if hand-dryers are not working
- ensuring children do not share the use of items related to personal care, such as hand towels for drying hands, toothbrushes and hairbrushes
- encouraging children to flush the toilet after use
- encouraging and assisting (where required) children to wash their hands according to hand washing guidelines (refer to Attachment 2) after toileting
- encouraging children to tell a staff member if they have had a toileting accident
- monitoring and maintaining toileting facilities in a safe, clean and hygienic manner while children are in attendance; this requires periodic checking of the bathroom area
- respecting diverse styles of toileting children due to cultural or religious practices
- respecting the possible need to maintain privacy of toileting and dressing.

*For cleaning toys, clothing and the service in general, Certified Supervisors and staff are responsible for:*

- removing toys that a child has sneezed or coughed on (place in a 'toys-to-be-cleaned' box)
- wearing gloves when cleaning (general purpose gloves are sufficient; wash and hang outside to dry when finished)
- washing mouthed toys daily using warm water and detergent and, if possible, drying in the sun
- wiping over books with a moist cloth treated with detergent
- ensuring washable toys and equipment are cleaned term by term or annually, as required

- where applicable, washing and disinfecting mattress covers and linen.

*In regard to children's contact with one another, Certified Supervisors and staff are responsible for:*

- educating and encouraging children in good personal hygiene practices, such as:
  - washing their hands after blowing and wiping their nose
  - not touching one another when they are cut or bleeding
  - disposing of used tissues promptly and appropriately, and not lending them to other children
  - using their own equipment for personal care, such as toothbrushes, hats, brushes and combs
  - only touching the food they are going to eat
  - using their own drink bottles or cups.

*For the indoor and outdoor environments, Certified Supervisors and staff are responsible for:*

- keeping the indoor and outdoor environments as clean and hygienic as possible at all times,
- including the safe disposal of discarded needles/syringes/sharps
- promptly removing blood, urine and faeces (including animal) either indoors or outdoors, using the appropriate cleaning procedures
- covering the sandpit when not in use to prevent contamination
- emptying water containers, such as water trays, each day (refer to *Water Safety Policy*)
- disposing of any dead animals/insects found on the premises in an appropriate manner.

*Safe handling of body fluids or materials in contact with body fluids:*

Accidental spills and secretions of body fluid are a fact of life in a child care setting. In managing these spills, Certified Supervisors and other staff must ensure that they:

- avoid direct contact with blood or other fluids
- are not at eye level when cleaning/treating a child's face that has blood on it, as a child's blood can enter the mouth/nose of a staff member when a child cries or coughs
- wear gloves wherever possible
- cover any cuts/abrasions on their own hands with a waterproof dressing.

*Effective environmental cleaning:*

Cleaning is an important part of infection control as germs are unable to multiply on clean, dry surfaces. Effective cleaning with detergent and warm water followed by rinsing and drying removes the bulk of infectious organisms from a surface.

Particular attention should be paid to the following:

- toilets/sinks must be cleaned daily and separate cleaning cloths/sponges must be used for each task
- mouthed toys must be washed immediately or placed in a separate container for washing at a later time
- all bench tops and floors must be washed regularly
- children's cups/drink bottles used for water must be washed daily
- when washing at the child care premises, staff are to consider washing items separately to minimise cross-contamination, for example, tea towels washed separately from sheets, face washers washed separately to play mats/rugs. Face washes and bibs are to be soaked in the bucket provided in laundry for at least 2 hours in safety bleach.
- nappy change areas/mats must be washed with detergent and warm water after each use followed by disinfectant

**Parents/guardians are responsible for:**

- keeping their child/ren home if they are unwell or have an infectious disease that requires their exclusion from the education and care service
- informing the service if their child has an infectious disease
- supporting this policy by complying with the hygiene practices when attending the service or when assisting with a service program or activity
- encouraging their child/ren to develop and follow effective hygiene practices at all times, including hand washing on arrival at the service.

**Volunteers and students, while at the service, are responsible for following this policy and its procedures.**

## **EVALUATION**

In order to assess whether the values and purposes of the policy have been achieved, the Approved Provider will:

- regularly seek feedback from everyone affected by the policy regarding its effectiveness
- monitor the implementation, compliance, complaints and incidents in relation to this policy and ensure satisfactory resolutions have been achieved
- keep the policy up to date with current legislation, research, policy and best practice
- revise the policy and procedures as part of the service's policy review cycle, or as required
- notify parents/guardians at least 14 days before making any changes to this policy or its procedures.

## **ATTACHMENTS**

- Attachment 1: Hygienic Nappy changing Procedure
- Attachment 2: Hand washing Procedure

## **AUTHORISATION**

This policy was adopted by the Yarram Early Learning Incorporated in June 2015

This policy has been reviewed in March 2016 and October 2016.

**REVIEW DATE:** October 2017, OCTOBER 2018

## HYGIENIC NAPPY CHANGING PROCEDURE

1. Collect all materials needed for the change and have these within reach prior to placing the child on the change bench – THIS ENSURES THAT YOU NEVER LEAVE THE CHILD UNATTENDED, AS A HAND MUST REMAIN ON THE CHILD AT ALL TIMES.
2. Please use steps for walking children
3. Use of disposable gloves is recommended when changing all nappies.
4. Place disposable paper liner on top of the change mat
5. Remove child's clothes and nappy, soiled nappies and wipes are to be placed in a plastic bag.
6. Clean the child's bottom. Excess faeces wiped with soiled nappy then thoroughly clean bottom with wipes, then remove gloves.
7. Put on clean gloves to apply nappy creams as required, and then remove gloves.
8. Replace with clean nappy.
9. Dress the child.
10. Take the child away from the change bench and wash the child's hands, encourage child to use the sink. In the case of a small baby use wet wipe to clean hands before removing baby from the change bench.
11. Wet or soiled clothing to be placed in plastic bag to be sent home.
12. Change mat to be cleaned with **detergent and water** with a paper towel and then sprayed with **disinfectant spray** and wiped with paper towel.
13. Spray and wipe or rinse the whole sink area where soiled nappy may have been.
14. Wash hands.
15. Record whether the child was (W) Wet, (D) Dry or (W/S) Wet and Soiled or had (Q) Questionable nappy (circle) in the nappy change book. Educator to state time and initial each change/ nappy check.

## HAND WASHING PROCEDURE

### Hand washing techniques

Hands are the body parts most responsible for transferring infectious organisms, which can then lead to the spread of illness and disease.

It is essential that hands are properly washed upon arrival and at intervals throughout the day. Correct hand washing techniques are a vital part of good hygiene practices, and all staff should be trained in a set hand washing procedure.

The process of thoroughly washing, rinsing and drying your hands or a child's hands should take around 30 seconds. This is the approximate amount of time it takes to sing *Happy Birthday* twice, or the *Alphabet Song* once. Alternately, you could count to 20 while you wash and then count to 10 again while you rinse.

There are five steps to washing hands:

- Wet hands with running water (warm water is most comfortable).
- Apply soap to hands.
- Lather soap and rub hands thoroughly, including the wrists, palms, between fingers, around the thumbs and under the nails. Rub hands together for 20 seconds.
- Rinse under running water.
- Dry thoroughly.

### When to wash hands

Before	After
<b>Staff</b> <ul style="list-style-type: none"> <li>• Eating or handling food</li> <li>• Starting work</li> <li>• Giving medication</li> <li>• Putting on gloves</li> </ul>	<b>Staff</b> <ul style="list-style-type: none"> <li>• Taking off gloves</li> <li>• Changing a nappy</li> <li>• Coming in from outside play</li> <li>• Using the toilet</li> <li>• Cleaning the nappy change area</li> <li>• Helping children use the toilet</li> <li>• Wiping a child's nose or your own nose</li> <li>• Handling garbage</li> <li>• Cleaning up faeces, vomit or blood</li> <li>• Eating or handling food</li> </ul>
<b>Children</b> <ul style="list-style-type: none"> <li>• Starting the day at the service</li> <li>• Eating or handling food</li> <li>• Going home</li> </ul>	<b>Children</b> <ul style="list-style-type: none"> <li>• Eating or handling food</li> <li>• Touching nose secretions</li> <li>• Using the toilet</li> <li>• Coming in from outside play</li> <li>• Having their nappy changed</li> </ul>





