

HANDWASHING POLICY

Having and encouraging good hygiene practices in early childhood is essential for reducing the risk of infection. Helping children to develop appropriate personal hygiene habits will become embedded as they grow and develop. It is important to work with families to ensure children follow simple hygiene rules by incorporating good hygiene strategies in both the Service and home environment.

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.
2.1.2	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.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS	
77	Health, Hygiene and safe food practices
88	Infectious diseases
93	Administration of medication
106	Laundry and hygiene facilities
109	Toilet and hygiene facilities
168	Education and care service must have policies and procedures

PURPOSE

Our Service is committed to ensuring the health and safety of all educators, staff, volunteers, families, and children by providing a safe and healthy environment. Effective hand hygiene significantly reduces the risk of infection and is therefore of the utmost importance. We aim to implement specific hand washing hygiene practices regularly to minimise the risks associated with cross infection of viral and bacterial borne diseases.

SCOPE

This policy applies to children, families, staff, management, and visitors of the Service.

IMPLEMENTATION

Effective hand washing is a vital strategy in the prevention of spreading many infectious diseases. Research emphasises effective and frequent handwashing as the single most important way to reduce the spread of bacteria, germs, viruses, and parasites that may infect educators, staff and children in early childhood services and in our general population.

Our Service will adhere to National Regulation requirements, standards and guidelines to support the effectiveness of our hand washing policy. We aim to educate and encourage children to wash their hands frequently and effectively which will help to reduce the incidence of infectious diseases, adhering to guidelines provided in *Staying healthy: Preventing infectious diseases in early childhood education and*

care services and recommendations from the Department of Health- Australian Health Protection Principal Committee (AHPPC) to guide best practice.

To ensure the greatest level of personal hygiene our Service will ensure:

- all employees and children are encouraged to wash their hands with soap and water for at least 20 seconds upon arrival to the Service or, use the alcohol-based sanitiser
- all employees, parents, children and visitors wash their hands with soap and water for at least 20 seconds upon arrival to the Service or, use the alcohol-based sanitiser during outbreak of COVID-19 or similar virus pandemic
- hands are thoroughly dried using hand towel and disposed of in the bin provided
- disposable tissues are used to wipe noses, eyes or mouths and disposed of in the bin provided immediately after use
- hands are washed following the use of tissues
- hands are washed thoroughly using soap and water after using the toilet
- signage is provided to prompt visitors and children to wash their hands regularly and effectively when visiting our Service.

A nominated supervisor/ Responsible person will ensure:

- all staff wash their hands with soap and water for at least 20 seconds regularly throughout the day
- all staff wash their hands
 - before and after eating and handling food
 - before and after preparing bottles for infants
 - before and after applying sunscreen or other lotions to children
 - after using the toilet
 - after wiping a child's nose
 - after blowing their own nose
 - after helping children use the toilet
 - after touching animals
 - after cleaning high touch surfaces- (tables, light switches, door handles, computers, iPads)
 - after cleaning or mopping floors
 - whenever their hands are visibly dirty (after gardening, mud play, painting)
 - before leaving the Service at the end of the day
- educators and staff adhere to effective food preparation and food handling procedures
- educators and staff wash hands before and after wearing disposable gloves when:
 - nappy changing
 - preparing food
 - administering medication
 - administering first aid
 - cleaning spills- faeces, urine, vomit or blood
 - cleaning with disinfectant or chemicals
 - after handling garbage and/or contaminated materials (nappies and other waste products)

Educators will ensure:

- children are explicitly taught the correct process of hand washing
- children are carefully supervised when handwashing
- children are reminded to wash their hands frequently throughout the day
- they model effective handwashing procedures
- the required equipment and resources are easily accessible and appropriate to use- liquid soap, running water, paper towel
- information about routines and songs for hand washing are shared with families to encourage routines at home

Our environment supports the creation of appropriate healthy hygiene habits during early childhood to ensure lifelong healthy decisions and actions.

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

- talking about the importance of hand hygiene
- talking about when hand washing is appropriate and why (in an age appropriate manner)
- singing a song or reciting a poem/rap as a guide to how long it should take to wash hands (e.g. singing happy birthday twice is a sufficient time frame)
- using a clear visual poster with step by step instructions
- using positive language
- encouraging and using positive reinforcement
- ensuring equipment is accessible
- providing clear simple routines
- giving children sufficient time to practice and develop their skills
- ensuring adequate supervision and assistance is available when required
- use STEM opportunities to teach about germs and prevention (ie: pepper and soap experiment)

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.

Our Service provides children, staff, and educators with disposable paper towel to ensure effective hand hygiene. Bins are provided with foot control lids to dispose of used paper towel.

Hand washing procedure

Wet hands with clean, running water, turn off the tap.

Rub soap all over your hands

Rub hands together for as long as it takes to sing “Happy Birthday” twice or “Twinkle Twinkle Little Star”
Don’t forget the backs of your hands, your wrists, between your fingers and under your fingernails

Rinse the soap off your hands under running water

Dry your hands using paper towel or under a hand dryer.

Alcohol-based hand sanitiser

Where possible, staff will use soap and water to clean their hands however, if this is not possible and hands are not greasy or visibly dirty, an alcohol-based hand sanitiser may be used.

Hand sanitiser procedure

Apply liquid to the palm of one hand

Rub it all over both hands until the sanitiser dries

This takes about 20 seconds

Be careful not to wipe the sanitizer off before it is dry.

Related information / Resources

Be a Soapy Hero! <https://www.betterhealth.vic.gov.au/campaigns/soapy-hero>

Child Care Centre Desktop- Handwashing posters

Department of Health [Good Hygiene is in your hands](#)

Play School [Hello Friends! \(A COVID-19 Special\)](#)

[Teaching washing your hands with pepper experiment](#)

The Wiggles: [The Handwashing Song](#)

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Sources:

Australian Children's Education & Care Quality Authority. (2014).

Australian Government Department of Health Australian Health Protection Principal Committee (AHPPC)

Early Childhood Australia Code of Ethics. (2016).

Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).

Guide to the National Quality Standard. (2020).

National Health and Medical Research Council. (2012). *Staying healthy: Preventing infectious diseases in early childhood education and care services.*

Revised National Quality Standard. (2018).

Safe Work Australia

Victoria State Government Better Health Channel