

## **HEALTH AND HYGIENE**

### **General Legal Requirement**

- *The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.*
- *Outdoor and indoor spaces, furniture, equipment and toys, must be safe and suitable for their purpose.*

We aim to provide a hygienic, healthy and safe environment for children and adults.

### **HYGIENE**

In order to avoid the spread of infection we maintain personal hygiene by following these procedures.

#### **Personal Hygiene**

- Everyone washes their hands when they first arrive at nursery, after using the toilet, before eating and after being outside.
- Individual hand towels or paper towels will be available and disposed of hygienically.
- Encouraging children by example and word to put their hands over their mouths when coughing.
- Tissues are available and used to blow noses, tissues will be disposed of hygienically.
- Cuts and open sores will be covered with a visible waterproof plaster.

#### **Food Preparation**

- Always wash hands before and after preparing / handling food or drink.
- Wash raw fruit or vegetables which are to be eaten.
- No coughing or sneezing near food.
- Store food appropriately – raw and cooked separate; kept covered and refrigerated.
- Storage areas will be regularly and thoroughly cleaned after use.
- Staff that are responsible for the preparation and handling of food have undertaken appropriate training. Level 2.
- Notify Ofsted of any food poisoning affecting two or more children looked after on the premises.
- Use coloured chopping boards for food preparation.

#### **Cleaning**

- Use different cleaning cloths for kitchen and toilet areas.
- Ensure cloths for drying crockery and hands are clean and hygienic.
- Keep utensils, crockery and pots clean and undamaged, ready for use.

## **Health**

In order to avoid risks to health we always follow these health procedures.

- Activities will take account of children's health needs – dietary and physical exercise.
- Fresh drinking water is available at all times.
- No smoking will be allowed on the premises.
- Changing facilities will be cleaned with anti-bacterial spray after each use.

## **Accident**

- As many members of staff at each session will have a current Paediatric First Aid certificate – see Practice Guidance for further information.
- Every adult will know where the first aid box and accident book is kept; a notice stating where it is, will be displayed.
- Accidents, injuries and any first aid treatment will be recorded in the accident / incident book immediately by a first aider and checked by a senior member of staff and then reviewed and monitored once a month.
- The first aid box will contain the following as given in the guidance in The Health and Safety (First Aid) Regulations 1981. It will be checked regularly.

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## **Dealing with bodily fluids**

If an accident or illness occurs which results in bleeding, vomit, faeces or urine, the following procedure will be followed:-

- Disposable gloves will be worn.
- If it's blood, then wash the wound with water.
- A suitable dressing will be applied.
- Wrap blood stained tissues or waste paper in a nappy sack and dispose of it in the nappy bin.
- Wash blood splashes off the skin with hot soapy water or out of eyes with water.
- Rinse affected clothes through in the utility sink, then place clothing in a carrier bag to take home.
- Clean affected area including utility sink from blood, vomit, urine or faeces with diluted disinfectant.
- Waste cleaning materials will be put in a bag and dispose of it in the bin.
- Clothes, soft toys or soft furnishings stained by body fluids will be washed by hand using hot water and detergent or in the hot wash cycle in a washing machine.

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