



# Handwashing Policy



Having and encouraging good hygiene practices in early childhood is essential for reducing the risk of cross infection. Helping children to develop appropriate personal hygiene habits will become embedded as they grow and develop. Hopscotch will ensure that children follow simple hygiene rules by incorporating good hygiene practices in the centre which can be continued in their home environment. We believe the hygiene practices of our children should be as rigorous as staff and educators. Our hygiene environment supports appropriate practice.

## Purpose

To ensure that all educators, staff, volunteers, families and children at Hopscotch practice correct hand washing techniques. This will maintain a healthy environment and minimise the spread of bacteria, germs and viruses which can cause disease.

## Steps for clean hands

1. Wet your hands under clean running water. Use warm water if available.
2. Put soap on your hands and wash for 20 seconds. Liquid soap is best.
3. Rub hands together until the soap makes bubbles.
4. Rub on both sides of both hands ...
5. and in between fingers and thumbs ...
6. and round and round both hands.
7. Rinse all the soap off under clean running water. Use warm water if available.
8. Dry your hands all over for 20 seconds. Using a paper towel is best.

## Procedures

Staff will be required to wash their hands:

- On arrival at work and before returning to work after a break;
- After sneezing, coughing or blowing their own or a child's nose;
- Before eating, preparing and serving food and milk bottles;
- Before and after assisting children with toileting and nappy changing, and after going to the toilet;
- After assisting children who are sick or soiled and after handling soiled clothes;
- Before and after administering first aid;
- After handling animals, birds and pets and after gardening;
- After attending to a blood-related injury, or when dealing with vomit or faeces. Staff will also be required to wear gloves in these circumstances.

Children will be encouraged to wash their hands:

- On arrival at the centre;
- After sneezing, coughing or blowing their nose;
- Before and after handling or eating food;
- After toileting and nappy changes;
- After handling animals, birds and pets and after playing outside.

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

- Talking about the importance of hand hygiene;
- Using positive language, encouragement and positive reinforcement and role modelling;
- Providing clear simple routines;
- Giving children sufficient time to practice and develop their skills;
- Ensuring adequate supervision and assistance is available when required