

Gulfview Heights Primary School

Out of School Hours Care



Hand Washing Policy

The Gulfview Heights Primary School OSHC service acknowledges that having and encouraging good hygiene practices 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. It is important to work with families to ensure children follow simple hygiene rules by incorporating good hygiene strategies in both the OSHC and home environment.

National Quality Standards

| Quality Area 2: Children's Health and Safety | | |
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| 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

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| 77 | Health, hygiene and safe food practices |
| 106 | Laundry and hygiene facilities |
| 109 | Toilet and hygiene facilities |

PURPOSE

Gulfview Heights Primary School OSHC is committed to ensuring the health and safety of all educators, staff, volunteers, families, and children, 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 perform specific hand washing hygiene practices to minimise the risks associated with cross infection.

IMPLEMENTATION

Infection can be spread through direct physical contact between people, airborne droplets from coughing and sneezing or from contact with surfaces and objects. Children come into contact with a number of other children and adults, toys, eating utensils and equipment. This high degree of physical contact with people and the environment creates a higher risk of children being exposed to and spread infectious illnesses. Whilst it may not be possible for services to prevent the spreading of all infections, we aim to create a hygienic environment to minimise the spread of diseases and infections.

Hand washing is a vital strategy in the prevention of spreading many infectious diseases. Research emphasises good handwashing as the single most important task you can do to reduce the spread of bacteria, germs, viruses and parasites that infect yourself, other staff and children being cared for.

Micro-organisms such as bacteria, germs, viruses and parasites are present on the hands at all times and live in the oil that is naturally produced on your hands. The use of soap or detergent and water remove most of these organisms and decreases the risk of cross infection.

OSHC 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 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* to guide for best practice.

To ensure the greatest level of personal hygiene, it is a requirement of the service to wash your hands

- On arrival at OSHC
- Before and after toileting
- After going to the toilet
- After wiping a runny nose or blowing your own nose
- Before and after administering first aid
- Before and after administering medication
- After using chemicals
- Before eating, preparing and serving food
- After cleaning up bodily fluids
- After removing protective gloves
- Before going home

Children will be encouraged to follow educators modelling and wash their hands at appropriate times whilst in attendance at OSHC. Our environment supports appropriate hygiene practice.

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

- Talking about the importance of hygiene
- Using a clear visual poster with a step by step instructions
- Using positive language
- Encouraging and using positive reinforcement
- Ensuring equipment is accessible
- Provide clear simple routines
- Give children sufficient time to practice and develop their skills
- Ensure adequate supervision and assistance is available when required

We believe hygiene practices of children being cared for should be as rigorous as staff and educators. Our hygiene environment supports appropriate hygiene practice.

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. We provide children, staff and educators disposable paper towel/ air dryers to ensure effective hand hygiene.

Source

- Australian Children's Education & Care Quality Authority. (2014)
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2017
- ECA Code of Ethics
- Guide to the National Quality Standard
- Staying Healthy in Child Care 5th Edition
- National Quality Standards 2018