



## **Health & Hygiene Policy and Practice**

Our setting promotes a healthy lifestyle and a high standard of hygiene in its day to day work with children and adults. This is achieved in the following ways:

### **Health:**

- ◆ All food provided will be appropriate and pay due attention to children's particular dietary requirements.
- ◆ We will show an understanding of a healthy diet.

### **Outdoor play:**

- ◆ Children will have the opportunity to play outside when appropriate.
- ◆ When using climbing apparatus hair will be tied up, coats fastened and low heeled, closed toe shoes with enclosed backs.

### **Illness:**

- ◆ Parents are asked to keep their children at home if they have any infection, and to inform the club as to the nature of the infection. This will allow the staff to alert other parents as necessary and to make careful observations of any child who seems unwell.
- ◆ Parents are asked not to bring their child to the setting if they have been vomiting or had diarrhoea until at **least 48 hours** has elapsed since the last attack.
- ◆ Cuts and open sores, whether on adults or children, will be covered with sticking plaster or other dressing.
- ◆ If the child is on prescribed medication wherever possible, the child's parent will administer medicine, if not, then medication must be stored in the original container and clearly labelled with the child's name, dosage and any instructions.
- ◆ The setting will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept sealed in their packages until needed.
- ◆ There will always be at least one qualified first aider on the premises.

### **Hygiene:**

To prevent the spread of infection, adults in the group will ensure that the following good practices are observed.

### **Personal Hygiene:**

- ◆ Hands will be washed after using the toilet and before handling food.
- ◆ Children will be encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically.
- ◆ Children with pierced ears are not allowed to share each other's earrings.



- ◆ Hygiene rules related to bodily fluids will be followed.

#### **Cleaning and clearing:**

- ◆ Any spills of blood, vomit or excrement wiped up and flushed away down the toilet. Rubber gloves always used when cleaning up spills of body fluids. Floors and other affected surfaces disinfected.
- ◆ Spare laundered pants and other clothing available in case of accidents and polythene bags available in which to wrap soiled garments.
- ◆ Children in Pre-School will bring in their change of clothes bag with clean clothes each day and spare pull-ups/nappies and wipes if necessary
- ◆ All surfaces cleaned daily with an appropriate cleaner.

#### **Food:**

The setting observes current legislation regarding food hygiene, registration and training.

#### **In particular, each adult will:**

- ◆ Always wash hands under running water before handling food and after using the toilet.
- ◆ Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- ◆ Never smoke on the premises.
- ◆ Never cough or sneeze over food.
- ◆ Use different cleaning cloths for kitchen and toilet areas.
- ◆ Food that has been dropped on the floor should be disposed of correctly.
- ◆ Hair to be tied up at all times.
- ◆ Jewellery should not be worn other than wedding ring and piercing studs.
- ◆ Staff will wear low heeled, covered toe shoes with backs at all times.

If there are any food poisoning cases within the setting affecting 2 or more children it must be reported to Ofsted.