

## **Health and Hygiene- Policy and Practice**

This policy describes how our pre-school 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**

#### **Food**

All meals and snacks provided will be nutritious and pay due attention to children's dietary requirements.

When baking with children as an activity, the adults will make sure hands are washed before and after the activity and dietary requirements are taken into account. Oven gloves will be worn by the adults when handling hot items from the oven.

If two or more cases of food poisoning are reported then the pre-school must inform RIDDOR and Ofsted.

#### **Tooth Brushing**

Tooth brushing will be carried out daily with parental consent to help children learn to be independent in self-care and to assist with local Oral health and tooth decay prevention strategies. Each child will have their own toothbrush which will be replaced on a regular basis.

#### **Outdoor play**

Children will have the opportunity to play in the fresh air throughout the year except when the play area is deemed to hazardous.

#### **Illness**

Parents are asked to keep their children at home if they have any infection, and inform the pre-school as to the nature of the infection so the pre-school can alert other parents, and RIDDOR (Reporting of Infections, Diseases and Dangerous Occurrence Regulations). Staff will make careful observations of any child who seems unwell.

In the event of a child becoming unwell during a pre-school session the parent or designated contact name will be phoned immediately. If contact is unavailable suitable care and close monitoring of the child will be taken until contact is made. We will follow our sick child procedure.

Parents are asked not to bring into the pre-school any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack. Please follow illness and infections guidelines.

If the children of pre-school staff are unwell, the children will not accompany their parents/ carers to work in the pre-school.

Cuts or open sores, whether on adults or children, will be covered with sticking plaster or other dressing.

Our Medication policy will be followed should a child have prescribed medication.

The pre-school 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.

All staff know how to complete the individual accident sheets for the reporting of any accident/ incident and are kept confidential as approved by Ofsted.

In the event of a major injury or reportable infectious disease, after the incident has been dealt with, the pre-school leader will report it to the Incident Contact Centre at RIDDOR on 0845 300 9923.

Parents will be contacted immediately or other named contact if parents are unavailable.

### **Information Sources**

Parents will have the opportunity to discuss health issues with the pre-school staff and will have access to information available to the pre-school.

The pre-school will gather health information and advice from the local health authority information services and/ or other health agencies.

### **Hygiene**

To prevent the spread of all infections, adults in the group will ensure that the following good practices are observed:

#### **Personal Hygiene**

Hands washed after using the toilet and before snack.

Children with pierced ears are not allowed to try on or share each other's earrings.

A large box of tissue is available, and children encouraged to wipe and blow their noses when necessary. Soiled tissue are disposed of hygienically.

Children are encouraged to shield their mouth when coughing.

Paper towels will be used and disposed of appropriately.

Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections can be transmitted.

#### **Cleaning and Clearing**

Any spills of blood, vomit or excrement wiped up and flushed away down the toilet. Rubber gloves are always used when clearing up spills of bodily fluids. Floors and other affected surfaces disinfected using iodine or chlorine bleach diluted according to the manufacturer's instructions. Fabrics contaminated with bodily fluids washed thoroughly with hot water.

Spare laundered pants, and other clothing, available in case of accidents and polythene bags available in which to wrap soiled garments.

All surfaces cleaned daily with an appropriate cleaner.

## **Food**

The pre-school will observe 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 in the kitchen or any room storing food (No smoking allowed on premises)

Never cough or sneeze over food.

Use different cleaning cloths for kitchen and toilet areas.

Keep food covered and either refrigerated or piping hot.

Ensure waste is disposed of properly and out of the reach of the children. Keep a lid on the dustbin and wash hands after using it.

Wash fresh fruit and vegetables thoroughly before use.

Any food or drink that requires heating will be heated immediately prior to serving and not left standing. No food or drink will be reheated.

Tea towels will be kept scrupulously clean and washed between each session.

Cups used by the children will be washed daily in a dishwasher.

All utensils will be kept clean and stored in dust free places, e.g. a closed cupboard or drawer.

Cracked or chipped china will not be used.

Hand sanitation gel is taken on outings and used whenever necessary in the absence of hand washing facilities.