



# Health & Hygiene policy

This policy was adopted by the Kingswood Pre-School Group on 07/02/2019

Policy review date: 07/02/2022

Signed:----- Date:-----

(Hayley Roberts – Chairperson of Kingswood Pre-School Group)

We promote a healthy lifestyle and a high standard of hygiene in our day to day work with Preschool children.

### **EYFS key commitments**

Medicines – 3.44

Accident or injury – 3.50

Premises – 3.58, 3.60

Food and drink – 3.47, 3.48

### **Health**

#### **Food**

We provide nutritious snacks whilst paying attention to children's particular dietary requirements. When cooking with the children as an activity, staff try to provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

#### **Outdoor Play**

Children have the opportunity to play outside on a daily basis throughout the year.

#### **Illness**

Parents/carers are asked to keep their children at home if they have any infection, and to inform preschool as to the nature of the infection, so that staff can alert other parents as necessary and make careful observations of any child who seems unwell.

Parents are asked not to bring any child to preschool who has been vomiting or had diarrhoea, until at least 48 hours has passed since the last episode.

Children of preschool staff who are unwell will not accompany their parents to preschool.

Cuts or open sores, whether on adults or children, will be covered with a suitable dressing.

A list of notifiable diseases is kept on the premises. OFSTED will be notified of any food poisoning affecting 2 or more children, of any serious disease affecting a child on the premises and of any communicable disease as defined by The Health Protection Agency.

## **First Aid**

We will ensure that the first aid equipment is kept clean, replenished and replaced as necessary.

There will always be on the premises at least one qualified First Aider trained to administer first aid to children.

All accidents/injuries are recorded and signed by the attending member of staff and by the parent. Any serious injury will be reported to OFSTED.

## **Hygiene**

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

### **Personal Hygiene**

- Hands are washed after using the toilet and before handling food.
- Children with pierced ears are not allowed to share each other's earrings.
- Children are encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues appropriately.
- Paper towels are used for drying hands, and disposed of appropriately.
- Liquid soap will be used.
- Procedures for cleaning of Body Fluids shall be followed (see below).

### **Cleaning and Clearing**

All spillages of body fluids will be treated as potentially infectious and the following procedures will be followed.

- All children will be kept away from spillage.
- Staff will wear disposable gloves and aprons when clearing up body fluids of any kind (urine, faeces, vomit, blood).
- To clear up urine, faeces or vomit, staff will use paper towels. The area will be cleaned using hot soapy water using a disposable cloth. Area will be sprayed with antibacterial spray or sterilising solution and wiped.
- All disposable gloves, aprons, paper towels and cloths will be disposed of inside a plastic bag.
- To clear up blood, staff will use goggles as well as disposable gloves and aprons.
- If the area to be cleaned is carpeted, staff will use hot soapy water and a scrubbing brush.
- Any clothing should be placed into a plastic bag to return to the parents for cleaning.

## **Food**

Adults who handle and prepare food will hold a current Food Hygiene certificate, and will follow normal food hygiene procedures. In particular, each adult will....

- Always wash hand under running water before handling food and after using the toilet.
- Not be involved in the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Never smoke around food, nor cough or sneeze over food.
- Always use different cleaning cloths for kitchen and toilet areas.
- Keep food covered and refrigerated until use.

## **Animals**

In the event of visiting animals staff will supervise children when handling the animals, and ensure children wash their hands afterwards.

The person with special responsibility for Health and Hygiene is Sarah Lapwood.