

# THE GOWRIE (QLD) INC

## HANDWASHING POLICY

### CONSIDERATIONS:

QIAS	Principle 6.2, 6.3, 6.4 & 6.6
REGS	Child Care Act 2002 Section 76 Child Care Regulation 2003 Sections 52/56

### POLICY STATEMENT:

To promote the use of hand washing as the single most important strategy against the spread of infection within the service.

### RELEVANT FORMS/MATERIAL:

- **Handwashing Diagram**
- **Poster Display of children washing hands**

### SOURCES:

- *NCAC QIAS Good Practices Guide, Third Edition 2005*
- National Health and Medical Research Council (2005) *Staying Healthy in Child Care* (4th Edition). NHMRC: Canberra.
- Population Health training in Communicable Diseases, Caboolture, Sept 2007
- Southern Public Health Unit Net, Queensland Health, [www.health.qld.gov.au/germbusters](http://www.health.qld.gov.au/germbusters)  
Accessed 2006, 2007, 2008, 2009

**REVIEWED: July 2010**

**Date to be Reviewed: July 2011**

IMPLEMENTATION:	
REMEMBER	Hand washing and drying is the most effective way of controlling infection.
EQUIPMENT	<ul style="list-style-type: none"> <li>• Disposable paper towels</li> <li>• Liquid/Foam soap and dispenser (rather than cakes of soap as organisms may grow in wet soap)</li> <li>• Non-germicidal soap (rather than germicidal solutions which are very drying and often not tolerated by children or staff with sensitivities or allergies)</li> <li>• Microshield (for use up to three times outside, only where no water hand washing facility is available)</li> </ul>
HOW TO WASH HANDS	<ul style="list-style-type: none"> <li>• Use liquid/foam soap and running water</li> <li>• Rub hands vigorously as you wash them - <b>count to ten</b></li> <li>• Wash all surfaces:- <ul style="list-style-type: none"> <li>- Backs of hands</li> <li>- Palm to palm</li> <li>- Palm over the back of hands</li> <li>- Palm and fingers joined</li> <li>- Back of fingers joined together</li> <li>- Rotate thumbs in palms</li> <li>- Rotate fingers in palms</li> <li>- Wrists</li> <li>- Between fingers</li> <li>- All fingers</li> </ul> </li> </ul>
WHEN YOU FINISH	<ul style="list-style-type: none"> <li>• Rinse well, <b>count to ten</b></li> <li>• Turn off tap using paper towel</li> <li>• Dry well on paper towel (important to assist children with this step)</li> <li>• Dispose of towel in an appropriately lined bin</li> </ul>
CARE OF HANDS	<ul style="list-style-type: none"> <li>• Children will be encouraged to wash their hands according to procedure above.</li> <li>• Adults need to supervise and support children in learning and developing these good hand washing habits</li> <li>• Adults also need to look for ways in which to offer this support and ways that promote good hand washing techniques, eg songs, rhymes, stories, discussions and photo boards.</li> </ul>

## WIPING NOSES

### WHAT YOU SHOULD DO

Washing your hands every time you wipe a child's nose will reduce the spread of infection. When wiping the child's nose please follow the procedure listed below:

- Use disposable gloves
- Pick up a tissue/s and wipe the child's or your own nose
- Pull the glove inside out and trap the tissue and cold germs inside the bag
- Wash hands when finished
- Please note that when in the outside environment supervision is paramount so staff after removing gloves, you are able to sanitise hands using sanitizing gel provided by the Service. When staff move inside or are able to safely access sinks please ensure that hands are washed thoroughly. Use of sanitizing gels is to be limited to three times consecutive use and then after that hands must be washed to ensure the continuation of hygienic practices.

## WHEN TO WASH YOUR HANDS

### WHEN TO WASH YOUR HANDS

- When you arrive at the Service. This reduces the introduction of germs
- Before preparing, handling or serving food (when preparing and serving food it is advisable to wear disposable (blue) gloves)
- Before eating
- After changing a nappy
- After going to the toilet
- After cleaning up blood, faeces or vomit
- After wiping a nose (either a child's or your own), coughing or sneezing.
- Before going home (this prevents taking germs home)
- Before and after giving medication (after is important if fingers touch the receiver's face, mouth, hands, etc)
- Before and after giving first aid
- After cleaning
- Immediately after smoking, using tobacco or similar substance
- After touching your hair, scalp or body opening
- After handling garbage
- After coming inside from outdoor play

## WHEN TO WASH CHILDREN'S HANDS

### WHEN TO WASH CHILDREN'S HANDS

- When children arrive at the Service – ask parents to help with this (this reduces the introduction of germs)
- Before eating and after
- After having their nappy changed (their hands will become contaminated with germs while they are on the change mat)
- After going to the toilet
- After playing outside
- After touching nose secretions
- After any contact with blood, vomit or faeces
- Before and after playing with younger siblings in baby and toddler rooms for either mixed play or with younger siblings.
- Before going home – ask parents to help with this (this prevents taking germs home)

## HANDWASHING FOR BABIES AND TODDLERS

### WHAT ABOUT BABIES AND TODDLERS?

### WHAT YOU SHOULD DO

Help toddlers (and babies) to wash their hands after each nappy change:

- Walk a toddler to the sink to wash her/his hands (draw the child's attention to posters about hand washing and drying)
- Wash baby's hands after a nappy change by wiping with washable or wet disposable cloths, then pat dry with a paper towel