



Health and Hygiene Policy

The nursery will promote a healthy lifestyle and a high standard of hygiene in its day-to-day work with the children and adults. All staff and students will achieve this in the following ways:

Information Sources

- The nursery will maintain links with health visitors and gather health information and advice from the local Health Authority Information Services and/or other health agencies such as Environmental Health
- Parents/carers will have the opportunity to discuss health issues with the staff and have access to information available to the nursery.(see contract and privacy policy)

Hygiene

To prevent the spread of all infection, adults in the nursery should ensure the following good practices are observed:

Personal Hygiene:

- A box of tissues will be available and children encouraged to blow and wipe their noses as necessary. Soiled tissues will be disposed of hygienically
- Children will be encouraged to shield their mouths when coughing and sneezing
- There will be a minimum of one toilet and one wash basin available per ten children
- Potties, trainer seats for toilets, nappy changing facilities and disposable nappies will be available where necessary
- Hands will be washed after using the toilet and before handling food
- Paper towels will be available and disposed of appropriately
- Staff will wear disposable aprons and gloves when changing children which will be disposed of appropriately
- Hygiene rules related to bodily fluids will be followed with particular care, and all staff and students will be aware of how infections, including HIV infection, are transmitted



- Children with head lice will be admitted to the nursery; however advice will be given to the parent/carer on treating the whole family.

Cleaning and Clearing:

- All tables and work surfaces should be thoroughly disinfected before meals and prior to cooking activities
- Gloves and aprons will always be used when cleaning up spills of body fluids
- Blood, vomit or excrement should be wiped up and flushed down the toilet and the surface disinfected
- Fabrics contaminated with body fluids will be thoroughly washed in hot water
- Spare clothing, will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments.

Food

The nursery will observe current legislation regarding food hygiene, registration and training. In particular each adult will:

Food hygiene:

- Complete food safety training as required
- Wear appropriate clean clothing and wash their hands before handling food
- Ensure the kitchen area is free from contamination, e.g. rodents, flies etc.
- Use different cleaning cloths for kitchen and toilet areas
- Ensure waste is disposed of properly and out of reach of children. Keep a lid on the dustbin and wash hands after using it
- Tea towels will be kept scrupulously clean and washed between sessions.

Food Preparation

- The food provided should be healthy and wholesome, promoting and extending the children's understanding of a healthy diet
- All meals and snacks will be planned in advance
- Attention will be paid to all dietary requirements including those for medical, cultural, religious reasons and parental choice
- Prepare raw and cooked food in separate areas
- Keep food covered

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- Keep perishable food/drink at appropriate temperature
- Ensure food and drink are served at a temperature and consistency which is safe and suitable for consumption
- Any food and drink that requires heating will be heated immediately prior to serving and not left standing. Food which needs to be reheated will be done so following the Food Safety Standards
- Wash fresh fruit and vegetables thoroughly before use.

Food as an Activity

- When cooking or handling food as an activity ensure that all the above points are complied with.

Toileting

- Children who are in nappies will be checked regularly and changed immediately if required
- Children will have access to toilet facilities at all times. Where appropriate, children's seats, potties, steps etc will be available. Help and assistance will be given where needed
- Independence will be encouraged and privacy will be respected
- Children will be accompanied to the toilet, by a DBS checked member of staff, as soon as they wish to go and/or will be changed immediately if they are wet or soiled
- Children will be taught good hygiene practices such as wiping themselves, flushing the toilet and hand washing etc
- Warm water should be available for children to wash their hands
- Water temperature should be controlled
- Toilets/potties etc. should be disinfected after use
- Changing mats should be disinfected after each child.

Illness

- Parents/carers will be asked to keep their children at home if they have any infection, and to inform the nursery as to the nature of the infection so that the nursery can alert other parents/carers, and make careful observations of any child who seems unwell
- Information regarding exclusion periods for the more common communicable diseases will be made available to parents/carers



- Parents/carers will be asked not to bring into the nursery any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack
- If the children of staff are unwell, they will not accompany their parents/carers to work in the nursery
- Cuts or open sores will be covered
- Due to allergies sticking plasters are not recommended unless supplied by a parent
- The designated First Aider will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items should be kept sealed in packages until needed.

Outdoor Play

- Children should have the opportunity to play in the fresh air throughout the year, either in the nursery garden or on outings in the local area
- The outside area will be checked thoroughly prior to use and all undesirable objects removed to ensure the health and safety of children and adults
- Appropriate clothing should be worn for all outdoor activities
- Sun safety procedures need to be observed
- High factor suncream should be used and permission sought from parents/carers to apply suncream (see **contract for consents**)
- The nursery should avoid the sun around mid-day
- The nursery should ensure that there are sheltered places available
- Sunhats will be worn by all children in very hot weather.