

Hand Washing Policy

Hand-Washing is the single most important means of preventing the spread of infection and germs. Staff and children MUST wash their hands regularly while at Springboard Nursery.

Hands must be washed with soap and warm water, and staff must ensure that children's faces and hands are clean promoting, supporting and encouraging their independence.

Hands must be washed even if gloves are worn.

When to wash hands

At a minimum STAFF hands must be washed:

- Upon arrival at the nursery.
- Before and after preparing/ serving food/ bottles.
- Before and after eating a meal/ snack.
- Before assisting a child with eating.
- Before and after toileting.
- Before and after assisting a child with toileting or nappy changing.
- After checking to see if a nappy requires changing.
- After wiping own nose or assisting a child with wiping their nose.
- After contact with body fluids (urine, faeces, vomit, spit, blood, sweat ect)
- After coughing or sneezing.
- After cleaning and or using cleaning materials.
- After handling waste/ bins.
- After contact with animals.
- After administrating medicines.

At a minimum CHILD hands must be washed:

- Upon arrival at the nursery.
- Before and after eating a meal/ snack.
- Before and after toileting or nappy changing.
- After contact with body fluids (urine, faeces, vomit, spit, blood, sweat ect)
- After coughing or sneezing.
- After blowing nose or putting hands in mouth.
- After coming indoors from playing outside.
- Before and after sand or water play.
- Before and after messy play like painting, play dough or activities that include gluing.
- After handling animals.
- After touching contaminated objects.

NHS Guide: How To Wash Your Hands

You should wash your hands for the amount of time it takes to sing 'Happy Birthday' twice (around 20 seconds).

1. Wet your hands with water
2. Apply enough soap to cover your hands

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3. Rub your hands together
4. Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
5. Rub your hands together and clean in between your fingers
6. Rub the back of your fingers against your palms
7. Rub your thumb using your other hand. Do the same with the other thumb
8. Rub the tips of your fingers on the palm of your other hand. Do the same with the other hand
9. Rinse your hands with water
10. Dry your hands completely with a disposable towel
11. Use the disposable towel to turn off the tap.

If you do not have immediate access to soap and water then use alcohol-based hand gel if available.

Video link: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.

Date: 01.09.2023