



Marton Activity Centre

MAC Policy

HANDWASHING

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Having and encouraging good hygiene practices in Out of School Hours Care Services is essential for reducing the risk of infection. Helping children to develop appropriate personal hygiene habits will become embedded as they grow and develop. It is important to work with families to ensure children follow simple hygiene rules by incorporating good hygiene strategies in both the Service and home environment.

POLICY STATEMENT

Marton Activity Centre is committed to ensuring the health and safety of all educators, staff, volunteers, families and children, providing a safe and healthy environment. Effective hand hygiene significantly reduces the risk of infection and is therefore of the utmost importance. We aim to perform specific hand washing hygiene practices to minimise the risks associated with cross infection.

SCOPE

This policy applies to the children, families, staff, management and visitors of Marton Activity Centre.

IMPLEMENTATION

Infection can be spread through direct physical contact between people, airborne droplets from coughing and sneezing or from contact with surfaces and objects. Children come into contact with a number of other children and adults, toys, eating utensils and equipment. This high degree of physical contact with people and the environment creates a higher risk of children being exposed to and spreading infectious illnesses. Whilst it may not be possible for services to prevent the spread of all infections, we aim to create a hygienic environment to minimise the spread of diseases and infections.

Hand washing is a vital strategy in the prevention of spreading many infectious diseases. Research emphasises good handwashing as the single most important task you can do to reduce the spread of bacteria, germs, viruses and parasites that infect yourself, other staff and children being cared for.

Micro-organisms such as bacteria, germs, viruses and parasites are present on the hands at all times and live in the oil that is naturally produced on your hands. The use of soap or detergent and water remove most of these organisms and decrease the risk of cross infection.

Marton Activity Centre will adhere to National Regulation requirements, standards and guidelines to support the effectiveness of our hand washing policy. We aim to educate and encourage children to wash their hands effectively which will help to reduce the incidence of infectious diseases, adhering to guidelines provided in Staying healthy: Preventing infectious diseases in early childhood education and care services to guide best practice.

TO ENSURE THE GREATEST LEVEL OF PERSONAL HYGIENE, IT IS A REQUIREMENT OF THE SERVICE TO WASH YOUR HANDS:

- On arrival at the Service
- Before and after toileting or changing nappies
- After assisting with wiping a runny nose or blowing your own nose
- Before and after administering medication or first aid
- After using chemicals
- Before eating, preparing and serving food
- Making bottles
- After cleaning up bodily fluids
- After removing protective gloves
- Before going home

Children will be encouraged to follow educators modelling and wash their hands at appropriate whilst in attendance at the OSHC Service. Educators will ensure all required equipment is easily accessible and appropriate for use.

STRATEGIES EDUCATORS WILL USE TO ENCOURAGE EFFECTIVE HAND HYGIENE PRACTICE INCLUDE:

- Talking about the importance of hygiene
- Singing a song or reciting a poem as a guide for how long it should take to wash hands. (singing happy birthday twice is a sufficient time frame)
- Using a clear visual poster with a step by step instructions
- Using positive language
- Encouraging and using positive reinforcement
- Ensuring equipment is accessible

- Provide clear simple routines
- Give children sufficient time to practice and develop their skills
- Ensure adequate supervision and assistance is available when required
- In the case of an infectious illness or disease outbreak within the service or the outer community, Marton activity centre will exceed our outstanding hygiene and hand washing practices and implement additional practices and procedures if required.

We believe hygiene practices of children being cared for should be as rigorous as staff and educators. Our hygiene environment supports appropriate practice.

HAND DRYING

Effective hand drying is just as important as comprehensive hand washing. Research states that wet hands can pick up and transfer up to 1000 times more bacteria than dry hands. Drying hands thoroughly also helps remove any germs that may not have been rinsed off. We provide children, staff and educators disposable paper towel/warm air dryers to ensure effective hand hygiene.

CONSIDERATIONS

NATIONAL QUALITY STANDARDS (NQS)

Quality Area 2: Children's Health & Safety		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.1	Wellbeing & Comfort	Each child's wellbeing & comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest & relaxation.
2.1.2	Health Practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.2	Safety	Each child is respected
2.2.1	Supervision	At all times, reasonable precautions & adequate supervision to ensure children are protected from harm.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS AND NATIONAL LAW

Education and Care Services National Regulations and National law NSW		
Reg	77	Health, hygiene and safe food practices
Reg	106	Laundry and hygiene facilities
Reg	109	Toilet and hygiene facilities

SOURCE

Australian Children's Education & Care Quality Authority. (2014).
Early Childhood Australia Code of Ethics. (2016).
Guide to the Education and Care Services National Law and the Education and Care Services National Regulations. (2017).
Guide to the National Quality Standard. (2017).
My Time, Our Place: Framework for School Age Care in Australia (2011).
National Health and Medical Research Council. (2012). Staying healthy: Preventing infectious diseases in early childhood education and care services.
Revised National Quality Standard. (2018).

SERVICE POLICIES/ DOCUMENTATION

Policies	Documents
Incident, Illness, Accident & Trauma	Australian Children's Education & Care Authority
Administration of Medication	My Time, Our Place
Supervision	ECA Code of Ethics
Control of Infectious Diseases	Revised National Quality Standards
Sick Children Policy	
Work, health and safety	
Animal and Pet Policy	