



# PLC ARMIDALE

## Hand Washing Protocol

Name of Council protocol	PLC Armidale Hand Washing Protocol
Number of protocol	EC01
Date of drafting, review	04 March 2020
Date effective	09 March 2020
Date for next review	Two years or as necessary

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## **PREAMBLE**

PLC Armidale aims to promote a healthy environment in which both children and adults grow and learn about the world around them. Preventative measures such as hand washing will be the most effective way to prevent the spread of infection. We provide basins, soap and paper towel and/or an automatic dryer for children and adults to use. Please advise staff if your daughter has an allergy and an alternate brand or soap type will be made available.

## **PLC ARMIDALE'S COMMITMENT**

PLC Armidale commits to the following:

1. A clean and hygienic environment.
  - 1.1. An environment which provides infection control methods to minimise the spread and risks of infectious diseases and illnesses in children, staff, and any other persons in attendance at the service.
  - 1.2. Staff will model and ensure that all hygiene practices are followed at all times to prevent cross infection.
  - 1.3. The staff will encourage children to follow personal hygiene practices whilst at school.

## **INSTRUCTIONS ON HOW STAFF AND CHILDREN WILL WASH THEIR HANDS**

- 1.1. Upon arrival to reduce the introduction of germs.
- 1.2. Before handing food.
- 1.3. After handling food.
- 1.4. After any messy play and gardening.
- 1.5. After nose blowing.
- 1.6. After going to the toilet.
- 1.7. After cleaning or toilet assistance.
- 1.8. After removing disposable gloves.
- 1.9. Before and after giving a child medication.
- 1.10. Before going home to prevent taking germs home.

## HAND WASHING INSTRUCTIONS

The following instructions on how to effectively wash your hands will be displayed above every sink. All children, staff and visitors are to follow this protocol.

2. Wet your hands with running water.
- 2.1. Cover your hands with liquid soap and rub your hands vigorously.
- 2.2. Wash hands all over ensuring that the backs of the hands, wrists, between fingers, and under the fingernails are cleaned.
- 2.3. Rinse hands thoroughly to remove all soap and germs and to help dermatitis.
- 2.4. Turn off the tap using a clean piece of paper towel or tissue (encourage children not to touch the taps after washing their hands).
- 2.5. Pat hands dry with clean paper towel or an automatic dryer.

This should take about as long as singing “Happy Birthday” twice or to count to 10 SLOWLY.

If water and liquid soap is not accessible (such as during outside play), hand sanitiser may be used, however this must not replace hand washing, and in such an instance, hands must be washed as the earliest possible time.

## USEFUL WEBSITES

- 2.6. National Health and Medical Research Council. (2012). Staying Healthy: Preventing infectious diseases in early childhood education and care services. 5th edition [https://www.nhmrc.gov.au/files/nhmrc/publications/attachments/ch55\\_staying\\_healthy\\_5th\\_edition\\_150602.pdf](https://www.nhmrc.gov.au/files/nhmrc/publications/attachments/ch55_staying_healthy_5th_edition_150602.pdf)
- 2.7. National Health and Medical Research Council – [www.nhmrc.gov.au](http://www.nhmrc.gov.au)