

# HANDWASHING POLICY

## Amendment History

| Revision | Author          | Description of Change   | Date           |
|----------|-----------------|---|----------------|
| Original | Sarah Mountford | Creation of new playgroup policy  | April 2007     |
| 1        | CH              | Merge KASC and Playgroup policies; update footer  | September 2007 |
| 2        | CH/SM           | Review, no change needed  | April 2008     |
| 3        | CH/SM/AF        | Review, no change needed  | March 2009     |
| 4        | CH/AF           | Ref to adult and children   | March 2010     |
| 5        | CH/AF           | Ref to anti bacterial gel   | May 2011       |
| 6        | CH/HS           | No change   | October 2012   |
| 7        | CH/KG           | Reviewed, no change   | November 2014  |
| 8        | CH              | Reviewed, no change   | November 2016  |
| 9        | CH & SF         | Reviewed, no change   | February 2018  |
| 10       | CH & SF         | Reviewed, no change   | January 2020   |
| 11       | CH & SF         | Add other named hand washing times  | June 2021      |
| 12       | CH              | Reviewed, no change   | July 2022      |
| 12       | CH, TH & XF     | Clarify reference to hand washing before and after snack and after forest school sessions | July 2023      |

# HANDWASHING POLICY

## Aim

The aim of routine hand washing is to render hands socially clean and to remove any transient organisms, before they can be transferred to a susceptible person, hard surface or piece of equipment. This policy refers equally to children and adults.

## Indications for hand washing

This list is not exhaustive, but should be used as a guide

Wash hands:

- After visiting the toilet
- Before and after preparation of food and drinks
- Before and after snack and mealtimes
- After forest school sessions
- When hands are visibly soiled
- Before and after assisting children in the toilet
- Before and after handling nappies/ clinical waste
- After removing gloves
- On entering and leaving the premises and between sessions
- After assisting the children with personal care (eg blowing their nose)

## The correct technique

Hand washing with a good technique, covering all surfaces of the hands, is more important than the agent used or the duration of the hand washing.

1. Wet hands thoroughly under running water.
2. Apply one dose of soap to a cupped hand and work to create a lather.
3. Follow the hand washing technique (see appendix 1) using 5 strokes for each step, for a total of 15 – 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands thoroughly using paper towels.
6. Apply moisturising cream to hands several times throughout the day (Adults).

## Use of gloves

It must be emphasised that the use of gloves, in addition to hand washing, is an added protection and should not be used as an alternative.

## Anti – bacterial gel

Anti-bacterial this is provided in the foyer of playgroup for use by all visitors on entering and leaving the premises and at varying locations for use during the day. This is an additional protection and should not be used as an alternative to handwashing.

