



Health and Hygiene - Policy and Practice

Sunnyside Community Playgroup promotes a healthy lifestyle and a high standard of hygiene in its day to day work with adults and children. This is achieved in the following ways:

Health:

Food

Our policy on food is governed by **Policy and Practice - Diet**.

Illness

Our policy on illness is governed by **Policy and Practice - Medication**

Information Sources

- Parents will have the opportunity to discuss health issues with playgroup staff and will have access to information available to the Playgroup.
- The Playgroup will maintain links with Health Visitors and gather information and advice from the local authority information services and/or other health agencies.

Hygiene:

To prevent the spread of infection adults in the group will ensure that the following good practices are observed.

No dummies are allowed in the setting.

Personal Hygiene

- Hands washed after using the toilet and before handling food.
- Children with pierced ears will not share earrings. Only studs are permitted.
- Children encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically.
- Individual towels available, or paper towels used and disposed of appropriately.
- Hygiene rules relating to body fluids followed and all staff and volunteers aware of how infections, including HIV infection, can be transmitted.

Cleaning and Clearing

- Any spills of blood, vomit or excrement to be wiped up and disposed of appropriately.
- Rubber gloves to be worn when cleaning any spills of body fluids.
- Spare laundered pants and other clothing available in case of accidents and polythene bags available in which to wrap soiled garments.
- All surfaces cleaned daily and between activities, with an appropriate cleaner.
- We have a schedule for cleaning resources and equipment dressing up clothes and furnishings.

Food

The Playgroup will observe current legislation regarding food hygiene, registration and training. We use reliable suppliers for the food we purchase and food is stored at correct temperatures. We check to ensure it is in-date and not subject to contamination by pests, rodents or mould.

Each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Ensure snack and meal times are supervised and children do not walk about with food and drink
- Ensure fresh drinking water is available to children at all times.
- Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Never cough or sneeze over food.
- Use different cloths for cleaning kitchen and toilet areas.
- Prepare food on surfaces that have been cleaned both before and after use.
- Ensure there are separate facilities for hand-washing and for washing up.
- Ensure all surfaces are clean and non-porous.
- Ensure all utensils, crockery etc are clean and stored appropriately.
- Ensure waste is disposed of daily.
- Ensure cleaning materials and other dangerous materials are stored out of children's reach.
- Ensure children do not have unsupervised access to the kitchen.

When children are taking part in cooking activities, they:

- are supervised at all times;
- understand the importance of hand washing and simple hygiene rules;
- are kept away from hot surfaces and hot water; and
- do not have unsupervised access to any electrical equipment such as blenders etc.

This policy was revised at a meeting of Sunnyside Community Playgroup held on

...../...../.....

Signed on behalf of Sunnyside Community Playgroup

Committee member

Play Leader