

Health and Hygiene – Policy and Practice

We work within the Statutory Framework for the Early Years Foundation Stage (EYFS), published by the Department for Education (DfE) in March 2021, effective from September 2021

Links to:

Convention on the Rights of the Child, UNICEF 1992	Health and Safety at Work Act 1974
COSHH 2002	Health and Safety Statement
Data Protection Act 2018	Human Rights Act 1998
Food Standards Agency – Allergy Awareness	Medication Policy
Freedom of Information Act 2000	Public Health (Control of Diseases) Act 1984
Health Protection Agency Act 2004	RIDDOR 2013

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

Health

Food

- All snacks provided will be nutritious and pay due attention to children’s particular dietary requirements including allergies and cultural/religious requests. Some of our staff are trained in food hygiene.
- When cooking with children as an activity the adults will provide healthy, wholesome food, promoting and extending the children’s understanding of healthy diet.
- Children have a choice of milk or water with their snack. Water is available throughout the day in a clearly labelled (name and image) bottle for each individual child or from our self-service drinking area where water is available all day.

Outdoor Play

- Children will have the opportunity to play outside every day throughout the year in the Nursery’s own outside play area.
- Play area and equipment is checked for animal faeces and other unsafe refuse periodically throughout the day. A record of this is kept on Health and Safety Check Lists in each room.
- Play area is cleaned on a termly basis.

Illness

- Parents are asked to keep their children at home if they have any infection and to inform the Nursery as to the nature of the infection. This will allow the Nursery to alert other parents as necessary and to make careful observations of any child who seems unwell.
- The nursery follow the Public Health England (PHE) Guidance on Infection Control. All epidemics will be reported to PHE and Ofsted.
- Parents are asked not to bring into the Nursery any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack.
- Cuts or open sores, whether on adults or children, will be dressed appropriately.
- If the child is on prescribed medication the following procedures will be followed:

- If possible, the child's parents will administer medicine. If not, then medication must be stored in the original container and clearly labelled with child's name, dosage and any instructions. Where local regulations require it, guidance is sought from Social Services before agreeing to administer medicines.
- All medications are stored in appropriate conditions.
- A Medication Book will be available to log in the name of child receiving medication, number of times that the medication is to be administered, the date and time when medication is administered together with the signature of the person who has administered each dose and a witness signature. Parents sign the book to acknowledge that medication has been given to their child.
- We can only administer medication prescribed by a doctor, with the exception of oral suspension pain relief (such as Calpol) – please refer to Medication Policy
- If specialist knowledge is required, staff involved in administering medication will receive training from a qualified health professional.
- The Nursery will ensure that the first aid equipment is kept clean and sterile, replenished and replaced as necessary. Sterile items will be kept in date and sealed in their packages until needed.
- Staff and parent signature must always be gained when medication is handed back to parents.
- All settings have a qualified Paediatric First Aider.
- Parents will have the opportunity to discuss health issues with Nursery staff and will have access to information available, via the nursery or health professionals such as Health Visitors.
- The Nursery will maintain links with Health Visitors and gather health information and advice from the local Health Authority Information Service and/or other health agencies.

Hygiene

To prevent the spread of all infection, adults in the group will ensure that good practice is followed:

Personal Hygiene

- Hands washed after using toilet and before handling food.
- Children encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically. Staff will wear gloves to assist children.
- Encourage children with good hand washing and using hand-drying towels.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections are transmitted.

Cleaning and Clearing

- Any spills of blood, vomit or excrement is wiped up and flushed away down the toilet. Disposable gloves are always used when cleaning up spills of bodily fluid. Floors and other affected surfaces are disinfected using appropriate cleaning product working within COSHH guidelines and diluted according to the manufacturer's instructions. Fabrics contaminated with body fluids thoroughly washed in hot water.
- Spare laundered underwear and other clothing is available in case of accidents. Polythene bags available in which to wrap soiled garments. Parents may provide garments from home if preferred.

Merry-go-Round Day Nursery Policy

- All surfaces are cleaned throughout the day using hot, soapy water and at the end of the day using anti-bacterial spray (Screen) to safeguard from MRSA.
- Use different cleaning cloths for floor, surfaces and washing up.
- Toilet areas will be checked, recorded and cleaned by staff throughout the day. All staff is aware that any spillage or mess must be cleaned up immediately.
- Toys are cleaned on a regular basis during the last two weeks of each half term. Toys will be checked when cleared away and any obvious breakages and/or soiling will be dealt with immediately. All rooms have individual cleaning checklists, which are dated and signed.

Food

The Nursery will observe current legislation regarding food hygiene, registration and training. In particular, each adult will:

- Always wash hands under running water, using appropriate hand washing product, before handling food and after using the toilet.
- Not to be involved with the preparation of food if suffering from any infectious/contagious illness or skin disease.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Keep food covered and refrigerated if required.

Health and Safety Named Practitioner

At Merry-go-Round Day Nursery at Green Croft – Nicki Ovel & Room Supervisors

At Merry-go-Round Day Nursery at Riverside – Sharon Parham & Room Supervisors

Adoption Date: 1st September 2020.

Signed:

Nicki Ovel

Annual Review

Reviewed 1st September 2021

Reviewed 1st September 2022

Reviewed 1st September 2023

Next review 1st September 2024