

<b>SCAMPS+ SCHOLARS</b> Killorglin Community Childcare Centre CLG		<b>HAND HYGIENE POLICY</b>			
POLICY NO.:	GP No. 28	REV. NO.:	4	REV. DATE:	01.04.2025

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APPROVED BY:	<i>Glenn Scully Doyle</i> Board of Directors	Date: 15/5/25

### Policy Statement:

Scamps and Scholars aim to keep children happy and healthy by supporting the children to understand the importance of hand washing. This policy is underpinned by the Childcare (Preschool Services) Regulations 2016. Good hand hygiene is the most effective way of preventing transmission of infection and staff will support children in using the proper technique for hand washing (see below).

### Overview:

Hand washing facilities are available in each childcare room, toilet areas, nappy changing areas, food preparation areas and cleaning areas and a number of hand basins are provided externally around the building.

Children can avail of the hand washing facilities when they need, and they will be encouraged to and supported to practice this skill (see hand washing poster).

Wash hand basins should have hot and cold mixer taps that are thermostatically controlled to ensure that hot water is no hotter than 43°C to avoid scalding and to facilitate hygienic hand washing.

Staff will encourage children to wash their hands after using the toilet, before eating food and after playing outside. Guidelines on hand washing are displayed in the centre.

These guidelines incorporate visual images that are appropriate for staff and children (see posters below).



**Staff must wash their hands before the following:**

- The start of the work shift.
- Eating, handling/preparing food or assisting/feeding a child.
- Preparing meals, snacks and drinks (including infant bottles).
- Inline with infection control and pandemic policies.

**Remember:**

- Hands are washed with warm water and liquid soap.
- Cuts are covered with water proof plasters.
- A hand cream may be used to protect skin by staff after frequent washing.
- Nails of staff are to be clean and short.
- Alcohol hand rubs are useful but they do not kill the germs that cause diarrhoea.
- Do not wear jewellery on hands, a plain wedding band is acceptable.
- Nail polish is not acceptable.
- Liquid soap dispensers are utilised within the centre.
- Dry hands properly with paper towels.

**Hand Washing Process:**

Hand washing should be performed as follows:

- Wet hands under warm running water to wrist level.
- Apply liquid soap. Lather it evenly covering all areas of the hands for at least 10 seconds. Include the thumbs, finger tips, palms and in between the fingers, rubbing backwards and forwards at every stroke (see poster).
- Rinse hands off thoroughly in warm running water.
- Dry with paper towels using a patting motion to reduce friction, taking special care between the fingers.
- Use the disposable paper towel that has been used to dry hands to turn off taps.
- Dispose of the disposable paper towel in a waste bin using the foot pedal to avoid contaminating hands that have just been washed.

# Hand-washing technique with soap and water



Wet hands  
with water



Apply enough soap  
to cover all  
hand surfaces



Rub hands palm  
to palm



Rub back of each hand  
with palm of other hand  
with fingers interlaced



Rub palm to palm with  
fingers interlaced



Rub with back of fingers  
to opposing palms with  
fingers interlocked



Rub each thumb clasped  
in opposite hand using a  
rotational movement



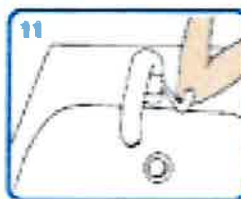
Rub tips of fingers in  
opposite palm in a  
circular motion



Rub each wrist with  
opposite hand



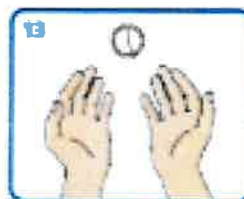
Rinse hands  
with water



Use elbow to  
turn off tap



Dry thoroughly with  
a single-use towel



Hand washing should take  
15-30 seconds

