



**Statutory framework requirement: Suitable premises, environment and equipment**  
Providers must take reasonable steps to ensure the safety of children, staff and others on the premises in the case of fire or other emergency..

## **Health and hygiene policy**

We aim to promote a healthy lifestyle and a high standard of hygiene in our day-to-day work with children and adults. This is achieved in the following ways:

### **HEALTH**

#### **Food**

All snacks provided will be nutritious (supplied by parents) and pay due attention to children's particular dietary requirements. We do not provide meals at Playschool but foods are used in certain activities and snacks are occasionally added to with seasonal or unusual fruits. Rarely we will offer "treat" foods with the children unless during a celebration.

When cooking with children as an activity, the adults will provide a variety of foods, sometimes promoting and extending the children's understanding of a healthy diet.

#### **Outdoor play**

Children will have the opportunity to play outside throughout the year in our own outside environment.

We are a free flow setting, (wherever possible and safe to do so), between the indoors and outdoors environment.

#### **Illness**

Parents are asked to keep their children at home if they have any infection or are unwell, and to inform us as to the nature of the infection or illness. This will allow us to alert other parents as necessary and to make careful observations of any child who seems unwell.

**Chicken Pox:** Chicken Pox is most infectious from one to two days before the rash appears until all the blisters have crusted over/formed scabs, which is usually **5-7days**. Children should be kept at home for **at least five days** after the first spots have appeared. In some cases a child may have a second crop of spots. **All** spots must be scabbed over before return to Playschool. We have a duty to protect pregnant women, newborn babies and children with a weakened immune system so these exclusion policies are very important.

A record of all illnesses and diseases of all staff and children attending Playschool will be recorded at time of absence.

**Parents are asked not to bring to Playschool any child who has been vomiting or had diarrhoea until at least **48** hours has passed since the last attack.**



**Statutory framework requirement: Suitable premises, environment and equipment**  
Providers must take reasonable steps to ensure the safety of children, staff and others on the premises in the case of fire or other emergency..

If the children of Playschool staff are unwell, the children are not to accompany their parents/carers to work at Playschool.

Cuts or open sores, whether on adults or children, will be covered with sticking plaster or other dressing.

### **Information sources**

Parents will have the opportunity to discuss health issues with the staff and will have access to information available to Playschool.

We will maintain links with health visitors for the purpose of integrated reviews where possible, and gather health information and advice from the local health authority information services and/or other health agencies.

### **HYGIENE**

To prevent the spread of infection adults at Playschool will ensure that the following good practices are observed:

#### **Personal hygiene**

- Hands washed after using the toilet and before handling food.
- We will discourage children wearing ear rings in the setting for safety issues. No responsibility will be taken for any accident involving ear rings worn in the setting.
- Children encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically and then wash their hands.
- Individual paper towels are used and disposed of appropriately.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers made aware of how infections, including HIV infection, can be transmitted.

#### **Cleaning and clearing**

- Any spills of blood, vomit or excrement wiped up and flushed away down the toilet or disposed of in the external bin that only staff access. Protective gloves always used when cleaning up spills of body fluids and nappy changing. We will not use latex gloves. Floors and other affected surfaces will be regularly cleaned with appropriate cleaning products. Fabrics contaminated with body fluids are thoroughly washed in hot water.



**Statutory framework requirement: Suitable premises, environment and equipment**  
Providers must take reasonable steps to ensure the safety of children, staff and others on the premises in the case of fire or other emergency..

- Spare laundered pants and other clothing available in case of accidents (provided by parents or the setting), and bags available in which to wrap soiled garments.
- All surfaces cleaned regularly with an appropriate cleaner.

Cleaning cloths will be colour coded for staff and the cleaner. At present this is: Blue: Tables, Red: Chairs, Green: Kitchen, Yellow: Cleaning

### Food

We will observe current legislation regarding food hygiene, registration and training. At least one member of staff (currently The Early Years Manager) will hold a current Level 2 Food Hygiene Certificate.

In particular, each adult will:

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any skin trouble.
- It is illegal to smoke on the premises, indoors or outdoors
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.

### Emergencies

If a child is in need of emergency medical treatment, the parent will be contacted immediately. Should the parent not be available, all contact numbers on the registration form will be tried in turn. The emergency services may need to be contacted before this. Only as a final option will the Early Years Manager accompany the child to hospital. The Deputy will be asked to come in if necessary, to cover. Ofsted will be informed if there is no Manager on the premises in this extreme situation. All parents will sign a consent form allowing us to act in the case of an emergency.



**Statutory framework requirement: Suitable premises, environment and equipment**

Providers must take reasonable steps to ensure the safety of children, staff and others on the premises in the case of fire or other emergency..

This policy was reviewed by the Early Years Manager: Debbie Arnett and adopted by Hartfield Playschool staff and Committee in February 2014.

Reviewed: September 2015

Review Date: September 2016

Reviewed: October 2016

Reviewed: March 2017

Reviewed and updated: September 2019

Reviewed and updated: September 2020

Reviewed and updated: June 2022