

Egerton out of School Club

Effective Hand Washing Policy



Egerton Nursery and Out of School Club

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List of Abbreviations Used

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Effective Hand Hygiene



Germs are everywhere. The average ‘clean-looking’ pair of hands can hold up to 10 million, leaving many of us guilty of passing on the stubborn microbes that can cause illnesses such as colds, influenza, skin infections and food poisoning without realising it.

Not only that but failure to cleanse our hands properly after simple tasks like going to the toilet, changing nappies or simply coming into contact with someone who is ill, can lead to the spread of serious infections such as MRSA, E.coli and Bird Flu.

Early years settings are particularly complicated places for hand hygiene; playing with toys, handling books and messy play all mean that we end up carrying each other’s germs on our hands.

Thinking hygiene

We use our hands and fingers regularly, without even thinking about it. It is amazing how many times we touch our faces, rub our eyes, feel, and work with our hands throughout the day without giving it a second thought.

For this reason, hand hygiene is incredibly important, because many of the common illnesses we pick up are contracted via our hands and fingernails, for instance, colds and flu, where people usually only think we catch it when people sneeze on us.

Here are some tips on keeping your hands in tip-top hygienic condition that should also help you avoid nasties such as the tummy bugs Norovirus and Campylobacter.

WASHING HANDS

It sounds like such a simple task – and it is, but it is only effective if you are doing it correctly! Proper hand washing requires soap or hand wash and water and should last for at least 15 to 30 seconds.

Reciting something such as the alphabet is a good tip to follow to ensure you are washing your hands for long enough. In setting we sing the hand washing rhyme to support timing effectively.

Remember hand-washing works by having the soap and rubbing to make sure the dirt and bacteria are physically removed; you must be thorough.

Make sure that you are reaching all areas of your hands and not just rubbing the palms together. When handwashing, make sure you include all these areas:

I Palm to palm I Between the fingers I Back of the hands I Base of the thumbs I Back of the fingers I Across and under the fingernails I Around the wrists

The type of soap or handwash does not matter, but it is advisable if using a bar of soap to rinse it before and after use, and you should dry your hands thoroughly after washing them.

Hands should be washed before and after preparing food, attending to a child or someone who is ill. If you wear contact lenses, you should always wash your hands before and after applying the lenses to your eyes.

SCRUBBING NAILS

Fingernails are the worst place for harbouring germs, especially if they are long. One of the main reasons for this is because it is particularly hard to clean under the fingernails, so the dirt trapped there prevents microbes from being washed away.

“Early years settings are particularly complicated places for hand hygiene.”

Using a nail brush and scrubbing your nails daily will help with the build-up of dirt. Lather the brush up with soap and scrub the nails with warm water.

Rinse the brush before and after use to keep it clean for the next time you use it. It is important that it is allowed to dry out overnight to make sure bacteria do not build up on it.

USING SANITISER

Carrying a hand sanitiser when you are out and about, whether on your own or with children, is always a good idea.

Even taking it to the shops with you will help protect you from nasty germs on bus handrails, shopping trolley handles and traffic light buttons.

There are two types of hand sanitiser: those that contain alcohol and those that are alcohol-free. Alcohol free products are preferable as they don't dry out the skin; have a long-lasting effect; are non-flammable and are more economical in use, as you don't have to use as much product for an effective dose; and are safe for use by, and around, children.

Let's Wash Our Hands!

Whooshy washy!
Wet our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!
Between our fingers
Under the nails
Rid germs without fail
Front and back
And round the wrist
No germs will be missed!
They may hide
But we shall seek
So we will not fall sick!
Splishy splashy
Bye bye germs
Down the drain they squirm
With clean towels
We dry our hands
Now let's show our friends!

1 Palm to palm
2 Between fingers
3 Back of hands
4 Base of thumbs
5 Back of fingers
6 Fingernails
7 Wrists
8 Rinse and wipe dry

Remember to wash our hands:

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating

Health Promotion Board

This is the poster we display in all toilets.