

Hand Hygiene Policy

This Policy is to ensure that children and adults are kept as healthy as possible.

Aims:

Cynfran Pre-school aims to provide a hygienic and safe environment for children and other users of the premises.

Cynfran Pre-school aims to educate children about good hygiene practices throughout the session and will talk to the children to explain that hand washing is the best way to limit the spread of germs and infection.

All Pre-school staff follow the [Infection Prevention and Control Guidance \(2019\) for Childcare Settings \(0-5 years\) in Wales \(Nurseries, Childminding and Playgroups\)](#) and have been trained in infection control through [Virtual College](#) and the [World Health Organisation Covid-19 training package](#)

All staff can demonstrate effective hand hygiene techniques.

Pre-school staff will prompt and support children to wash their hands at the following times:

- after use of the toilet
- before and after eating
- after returning indoors from outdoor play
- after sneezing or coughing.

Staff can demonstrate to children how to wash their hands. This can be done by:

- Pulling up sleeves
- Dispense soap onto hands
- Rub soap over hands; making sure to wash front and back of hands including thumbs and in between fingers for at least 20 seconds or as long as it takes to sing "Happy Birthday" twice.
- Rinse soap off and shake water from hands
- Dry thoroughly with paper towels
- Place used paper towels in a foot operated bin

Posters for effective hand washing will be displayed in the bathroom area for children to refer to.

Hand sanitiser

Children must not bring hand sanitiser from home due to cross contamination from home/Pre-school. Hand sanitiser is readily available in the Pre-school. Parents must sign a form permitting us to dispense hand sanitiser to children.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

🕒 Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.



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Clean Your Hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the handwash (steps 2-7): 15-20 seconds

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



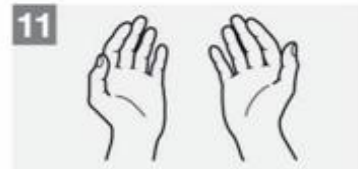
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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Clean Your Hands

May 2009

This **Hand Hygiene** policy and procedure was passed for use in **Cynfran Pre-school**

On: **June 2020**

Amended: **September 2021**

By: **Jennifer Haven**

Position: **Responsible Individual**

Date of Planned Review: **January 2022**