

**Health & Hygiene Policy**

Our preschool 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.  
• Staff will always wash their hands under hot running water before handling food  
and ensure that children wash their own hands before eating.  
• Staff will never cough or sneeze over food.  
• Fresh fruit and vegetables will be washed thoroughly before use.  
• Children’s packed lunches will be stored in the kitchen in a cool area  
• When cooking with children as an activity, the adults will provide healthy,  
wholesome food, promoting and extending the children’s understanding of a  
healthy diet.  
• The preschool will observe current legislation regarding food hygiene and  
training.

**Outdoor Play**

• Children will have opportunities to play outside under supervision throughout the  
year. When weather permits, children have free access to go outside and return  
indoors as they wish. We have a covered area within out outside play area which  
enables access to the outdoors whatever the weather.

**Injuries**  
• The preschool will ensure that the first aid equipment is stored safely, kept clean,  
replenished and replaced as necessary .Sterile items will be kept sealed in their  
packages until needed.  
• There will always be on the premises at least one qualified first aider trained to  
administer first aid to children.  
• All injuries are dealt with by a qualified First Aider and details of the injury and  
treatment given are logged in the accident book. Accidents are reported to parents  
who are then requested to sign the accident form.  
• In the event of serious injury a member of staff will call the Emergency Services  
and the parent will be contacted as soon as possible.

• Serious accidents or injuries to either a child or member of staff will be reported  
under RIDDOR and to OFSTED.

**Hygiene**

To prevent the spread of all infection, adults in the group will ensure that the  
following good practices are observed:-

Personal Hygiene  
• Hands washed after using the toilet and before handling food.  
• Children with pierced ears are not allowed to try on or share each other’s earrings.  
• A large box of tissues is available and children are encouraged to blow and wipe  
their noses when necessary. Soiled tissues are disposed of hygienically.  
• Paper hand towels are used and disposed of appropriately.  
• Hygiene rules related to bodily fluids are followed with particular care and all staff  
and volunteers are aware of how infections including HIV infection, can be  
transmitted.  
• Children are made aware of reasons for personal hygiene and self-help skills are  
encouraged.  
Cleaning and Clearing  
• Any spills of blood, vomit or excrement are wiped up and disposed of  
appropriately. Rubber gloves always used when cleaning up spills of body fluids.  
Floors and other affected surfaces disinfected using chlorine or iodine bleach  
diluted according to the manufacturer’s instructions. Fabrics contaminated with  
body fluids are wrapped in a polythene bag and given to the child’s parent for  
washing.  
• Spare laundered pants, and other clothing are available in case of accidents and  
polythene bags available in which to wrap soiled garments.  
• All surfaces cleaned daily and as necessary with an appropriate cleaner.  
• All toys and equipment are cleaned on a regular basis and this is recorded.  
• Dish cloths and tea towels are kept scrupulously clean and washed at home by the  
preschool manager.