



Hughes Primary School

Learning for Life



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Hand Hygiene Procedure

REF: *Staying Healthy (NHMRC 2013)*

Infections can be spread by a person who shows no signs of illness. Hand washing is one of the most effective *ways of preventing the spread of infection*. The best way to prevent the transmission of disease is to **wash and dry hands thoroughly**. Hand washing is effective because it loosens, dilutes and flushes off germs and contaminated matter.

How to wash hands

Use the following method to make sure hands are as germ free as possible. The process of thoroughly washing and rinsing hands should take 10 – 15 seconds. This can be achieved by slowly counting to 10 when washing and then slowly counting to 10 when rinsing.

- Wet hands with running water
- Use liquid soap and spread over hands, including backs of hands, between fingers and up to wrists
- Rub your hands vigorously as you wash them
- Rinse your hands thoroughly to remove all suds and germs. Thorough rinsing will help prevent dermatitis from suds
- Dry hands

Children are taught to wash and dry their hands in this way. Staff supervise and observe children so that they develop hand washing as a good habit and do it properly. Encourage children not to touch the tap after they have washed and dried their hands. The tap will have lots of germs on it.

Hand hygiene takes time

In the steps for good hand washing, it is necessary to slowly count to 10 while soaping and rubbing hands and then slowly counting to 10 while rinsing hands. Educators allow enough time in the preschool daily program for children to wash and dry their hands well as part of routine and when hands are dirty (eg. after messy play, nose blowing)

When staff should wash their own hands

- On arrival to the preschool. This reduces the introduction of germs
- Before handling food
- Before eating
- After assisting with toileting
- After removing gloves
- After going to the toilet
- After cleaning up blood, faeces or vomit
- After wiping a nose, either a child's or your own
- Before giving medication
- After handling garbage
- After coming in from outside play
- Before going home. This prevents taking germs home



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When should children wash their hands

- On arrival to preschool. This reduces the introduction of germs
- Before and after eating and handling food
- After going to the toilet
- After coming in from outside play
- After touching nose secretions
- After coming in contact with blood, faeces or vomit
- Before going home. This prevents taking germs home.

Gloves

Wearing gloves does not replace the need for hand washing as gloves may have very small holes or be torn during use. Hands may also become contaminated during removal of gloves. New gloves should be used for each child.

Covid 19

Current Health ACT and ACT EDU guidelines are followed regarding cleaning, sanitising and masks.