

## Section 407.320 Hand Washing

- a) Children's hands shall be washed routinely and frequently with soap and water. Hand sanitizers or diaper wipes are not acceptable substitutes for soap and running water. Hand washing shall occur at least at the following times:
  - 1) Upon arrival at the center;
  - 2) Before and after each meal or snack;
  - 3) After using the toilet or having diapers changed;
  - 4) After handling pets or animals;
  - 5) After wiping or blowing his or her nose;
  - 6) After touching items soiled with body fluids or wastes (e.g., blood, drool, urine, stool or vomit);
  - 7) Before and after cooking or other food experience;
  - 8) After outdoor play time; and
  - 9) Before and after using the water table.
  
- b) Staff hands shall be washed routinely and frequently with soap and water at least at the following times:
  - 1) Upon arrival at the center;
  - 2) After using the bathroom or helping a child use the bathroom;
  - 3) After changing a diaper;
  - 4) After wiping or blowing their nose, or helping a child to wipe or blow his or her nose;
  - 5) After handling items soiled with body fluids or wastes (e.g., blood, drool, urine, stool or vomit);
  - 6) After handling pets or other animals;
  - 7) After handling or caring for a sick child;
  - 8) Before and after eating or drinking;

- 9) Before preparing, handling or serving food;
  - 10) Before dispensing any medication;
  - 11) Before and after administering first aid; and
  - 12) When changing rooms or caring for a different group of children.
- c) The following technique for thorough hand-washing shall be used:
- 1) Wet hands under warm running water.
  - 2) Lather both hands well and scrub vigorously for at least 15 seconds.
  - 3) Rinse hands thoroughly under warm running water.
  - 4) Dry both hands with a new single-use towel or automatic dryer.
  - 5) For hand-held faucets, turn off the water using a disposable towel instead of bare hands to avoid recontamination of clean hands.
- d) Automatic hand dryers shall be regularly inspected to insure that they are in proper working order so that children are not burned or receive electric shocks. Automatic dryers shall not be used for infants and toddlers. Other children under 6 years of age shall be closely supervised when using these dryers.
- e) When children are too young to wash hands by themselves, staff shall wash their hands using the above technique. As children are developmentally ready, staff shall teach children the proper hand-washing technique and assist and supervise the procedure as needed.

### Section 407.340 Diapering and Toileting Procedures

- a) Each area serving children wearing diapers or disposable pull-ups shall have a designated diapering area that includes at least the following:
  - 5) Clearly posted procedures for diaper changing, consistent with the following:
    - A) Have the following supplies ready before bringing the child to the diapering area:
      - i) Disposable wipes or fresh, wet paper towels;
      - ii) Diapers;
      - iii) Skin preparations prescribed by the child's doctor or requested by the child's parent; and
      - iv) Disinfecting solution and paper towels for cleaning up.
    - B) Lay the child on the changing surface, taking care to minimize contact with the child if his/her outer clothes are soiled.
    - C) Put on protective gloves.
    - D) Remove diaper and any soiled clothes.
    - E) Clean the child's bottom from front to back with a fresh disposable wipe or a damp paper towel. Aerosol or roll-on products shall not be used.
    - F) Dispose of disposable diapers, paper towels and diaper wipes in covered receptacle. Put soiled clothes and cloth diapers into a plastic bag to be sent home with the parent.
    - G) Remove disposable gloves. Wash hands or wipe hands with a premoistened towelette and use another towelette to clean the child's hands.
    - H) Place clean diaper on the child. Make sure child's clothing is clean and dry. If not, change child's clothing.
    - I) Wash the child's hands in accordance with the requirements of Section 407.320.
    - J) Return the child to a supervised area.
    - K) Clean visible soil from the changing table with paper towels or disposable wipes.
    - L) Clean and disinfect the diapering area.
    - M) Wash adult hands, using procedures outlined in Section 407.320.

# When And How To Wash Your Hands Quiz Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

## TRUE OR FALSE

- T \_\_\_ F \_\_\_ 1. Hands can be washed with cold water.
- T \_\_\_ F \_\_\_ 2. If you are taking a break to smoke, you should wash your hands before handling food.
- T \_\_\_ F \_\_\_ 3. When washing your hands, you should scrub them with soap and a hand towel.

## MULTIPLE CHOICE

- \_\_\_ 1. You should wash your hands before
- a. sneezing.
  - b. touching your hair.
  - c. taking out the garbage.
  - d. starting work for the day.
- \_\_\_ 2. When washing your hands, you should scrub them for at least
- a. 5 to 10 seconds.
  - b. 10 to 15 seconds.
  - c. 15 to 20 seconds.
  - d. 20 to 25 seconds.

## EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

- \_\_\_ Apply soap.
- \_\_\_ Vigorously scrub hands and arms for at least 10 to 15 seconds.
- \_\_\_ Dry hands and arms with a single-use paper towel or warm-air hand dryer.
- \_\_\_ Rinse your hands and arms thoroughly under running water.
- \_\_\_ Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).