Good Hygiene Practices

- presentation by -

National Environment Agency

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Outline

- Introduction
- Personal hygiene
- Environmental hygiene
- Food hygiene
Hygiene – Common elements

Personal hygiene

Environmental hygiene

Food hygiene

Interlinked!

Hygiene practices followed by staff & children play an important role in maintaining hygiene standards.
Hygiene & Environmental Health

- Child Care Centres Regulations
- Section 30-35
- Second Schedule
- Prescribes the
  - Washing, sanitary & kitchen facilities needed
  - Maintenance of child care centre
  - Personal care of children
  - Prohibition on smoking
  - Serving of food
Good personal hygiene

- Good personal habits
  - Covering of mouth/nose when sneezing or coughing
  - Washing hands after touching of contaminated surfaces or matter.

- Child Care Centres Regulation S30.
- Every child care centre shall have washing and sanitary facilities of a type suitable for children as set out in the Second Schedule.
HAND WASHING FACILITIES

CCCR 2\textsuperscript{nd} Schedule

3. Wash hand basins shall be of child-size and fixed at a height approximately 500 mm to 600 mm from the floor.

4. A mirror of a suitable size shall be fixed to the wall above the wash hand basins.
When to Wash Hands?

• Before handling food
• Before and after eating
• Before giving medication

• When hands are dirty

• After using the toilet
• After contacting body fluids eg. mucus, saliva
• After contacting any contaminated surfaces or matter

• After playing in the playground
• After handling toys, pets, pet cages.
What Can Go Wrong?

• Liquid soap dispensers are faulty
• Liquid soap dispensers not refilled
• Diluted soap is used

• Incorrect washing techniques
• Contact time is too short

• Dirty or contaminated towels are used
• Hand sinks are used for other purposes
Proper hand washing
Hand washing instructions

How should you wash your hands:

- Wet hand
- Apply soap to hand
- Later thoroughly all surfaces of hands, between fingers and up to the wrist, as well as the back and front of hands, and tips of fingers and thumbs
- Rub hands together for 15 seconds and rinse hands under running water
- Dry hands with disposable paper towel or single-use towel
Use of Gloves

- Wear disposable gloves in situations where contact with blood or body fluids is expected:
  - Treating bloody noses or wounds of children
  - Handling clothes soiled with urine, faeces, vomit or blood
  - Cleaning blood and body fluid spills
Poor personal hygiene

- Poor personal habits
  - Digging nose or ear
  - Putting fingers in mouth
  - Rubbing of eyes
  - Spitting
Poor personal hygiene

- Sharing of personal items, eg. toothbrush, towels, etc.

- **Child Care Centres Regulation S32.**
  - (2) Every child shall have his own personal effects including towel, comb, toothbrush and a change of clothes.
  - (3) Every child shall have his own locker or storage space in the child care centre. Lockers or storage space shall be of sufficient size to contain the personal belongings, including the clothing of every child.
Poor personal hygiene

- Sharing of eating & drinking utensils or food & drinks
  - Child Care Centres Regulation 35
    Serving of food.
    - (1) Every child care centre shall ensure that each child is provided with individual eating and drinking utensils.
    - (2) Children shall not be fed from the same eating and drinking utensils.
Environmental hygiene

Deals primarily with:

- Cleanliness & housekeeping of premises & facilities – toilets, classrooms, play & eating areas, etc.
- Disinfection of changing & eating surfaces and objects including toys.
- Waste management – disposal of litter, diapers, etc.
- Control of vectors/pest
Check-in area
(HEALTH SURVEILLANCE)

- Health surveillance – important in maintaining hygiene standards.
- Avoid overcrowding as much as possible.
Why is toilet hygiene very important?

- Raw sewage contains billions of microorganisms, including pathogenic ones.

- Good to close the toilet bowl before flushing!
Clean toilets

CCCR 2nd Schedule

7. Internal walls of toilet blocks shall be lined with glazed tiles to a height of at least 1.5 metres. The wall behind and above wash hand basins and sinks shall be lined with glazed tiles to a height of not less than 450 mm.
Clean bathing facility

CCCR 2nd Schedule
8. Bathing facilities for children shall be provided.
DIAPER CHANGING

32. —(1) Every child care centre shall

(a) establish sanitary procedures for changing diapers

- Designated area
- Out of reach of the children
- Separated from food preparation area and equipped with tap and sink
- Table is smooth, non absorbent, and can be easily cleaned

- Undesirable - Used diapers hanging from taps or hooks in toilet
32. —(1) Every child care centre shall —
(b) sanitize changing and eating surfaces, toys and other objects handled by the children.

No sign of vomit, spitting, waste on equipment/floor
Cleaning Chemicals

- Chemicals are sold in concentrated or in ready-to-use formulation.
- Talk to supplier to gain better understanding of the properties and effectiveness of the chemical.
- Read the label and follow the manufacturer’s instructions on application/dilution.
- Take note of the safety precaution.
Maintenance of child care centre.

31. The premises and equipment of a child care centre shall be maintained in a clean and sanitary condition and kept in a good state of repair to the satisfaction of the Director.
Food hygiene

Kitchen facilities.
34. Every child care centre shall have sufficient and suitable kitchen facilities for the preparation of meals for children attending the child care centre and for the washing up of utensils.
Food hygiene

- Wash hands thoroughly
  - after going to toilet
  - before preparation (or consumption) of food.

- Use gloves, tongs, ladles or spoons to handle ready-to-eat food.

- Cover cuts and sores with waterproof plaster.

- Keep fingernails short and clean.
Separate chopping boards

- Clean them between use.
Some Don’ts...

- Handle or prepare food when you are sick eg. have diarrhoea
- Prepare food on floor or near toilet
- Sneeze or cough on food
- Pick nose, comb hair or clean ears with fingers while preparing food
- Blow or breathe on food wrappers
- Wipe off perspiration with bare hands
- Wear accessories/jewellery that may drop into the food during preparation
Undesirable practices

Inadequate protection of cooked food

• Cooling down cooked food without providing proper cover/protection
Food hygiene

- Cook the food thoroughly.
  - Heat destroys most microorganisms!
- If food is re-heated, ensure that it is heated adequately
- Do not re-heat food repeatedly for consumption over a few days

👉 Danger zone for bacterial growth: 5 to 60 deg. C
Food Storage

• Cooked food above raw food

• No stacking of food
- END OF PRESENTATION -