

## 4.4 Preventative Health and Wellbeing Policy

For the ongoing and general health and safety of the children, the service strives to ensure, for its children and educators, a standard of general preventative health and wellbeing which complies, as a minimum, with legal requirements and, as far as reasonably possible, with the standards expected in the wider community.



### Relevant Laws and other Provisions

The laws and other provisions affecting this policy include:

- *Education and Care Services National Law Act, 2010 and Regulations 2011*
  - *Regulation amendments 01 September 2025*
- *Work Health and Safety Act 2011 and Regulations 2011*
- *Duty of Care*
- *National Quality Standard, Quality Area 2 – Children's health and safety*
- *Policies: 4.1 – General Health and Safety, 4.12 – Non Smoking and Non-Vaping, 4.13 –First Aid Waste Management, 4.14 – Infectious Diseases Response Strategy, 5.1 – Food Handling and Storage, 5.5 – Cleaning and Sanitising, 6.3 – Workplace Health and Safety.*



### Procedures

#### Sun Safety

Children and educators will preferably wear broad brimmed hats and appropriate clothing when outside and have adequate shade provided by trees, shelter sheds or shade cloth. Children who are wearing caps and singlets will be encouraged to apply sunscreen to exposed areas throughout the session

Educators will encourage children, including by way of modeling behaviour, to avoid excessive exposure to the sun. This will be reflected in the timing of outdoor activities which will be kept to a minimum during the hours of 10.00am and 3.00pm and guided by the UV index for the day.

Educators will encourage children, including by modeling behaviour, to apply a suitable sunscreen (at least SPF50+), which is reapplied according to the manufacturer's recommendations.

#### Ear Care

Children will be encouraged to consider their own ear health through discussions with educators on issues relating to their ears such as cleaning, noise, water and infections.

A Queensland Health initiative, The Deadly Ears Program aims to reduce the rates of chronic ear disease among Aboriginal and Torres Strait Islander children in regional, rural and remote communities across Queensland through consultation with local communities and the promotion of health initiatives for families.

#### Dental Health

The service will ensure parents/ carers and children are provided with appropriate, consistent and up to-date information on the development and maintenance of good oral health by:

- Providing appropriate pamphlets on dental health and hygiene in the parent sign in area;
- Providing water at snack times and encouraging swishing of mouth with water after eating;
- Encouraging fruit and vegetable consumption;
- Accessing dental health and hygiene programs to utilise within the service program; and
- Regularly informing parents/carers about the service's procedure in relation to dental care through newsletters, verbal communication and face-to-face meetings.

The Coordinator/Responsible Person will ensure that meals/snacks provided by the service do not promote dental decay. Children may on occasion be permitted a treat such as an ice block. Confectionery on programmed party or theme days may be consumed

The service will encourage parents/carers to provide healthy, nutritious food for their child to minimise the risk of sweet and sticky foods being eaten by children attending the program.

### Service Environment

A quiet area will be provided where children can experience downtime away from other children when needed.

'No smoking/no vaping' at or about the service is a condition of entry for all people, including educators, parents/carers and others entering the premises. No Smoking/No Vaping signs will be placed around the service.

Reminder notices and signs, for educators and children, will be placed around the service to remind all of the need to maintain a clean and healthy environment.

### Cleanliness

Educators will ensure that premises used for the service and all toys, dress-up clothes, paint shirts and other materials and resources are kept clean.

Tables, benches, floor surfaces and toilets will be cleaned thoroughly each day.

The refrigerator and pantry area will be cleaned once a week.

Cupboards and Educator's lockers will be kept in a hygienic state to protect against any vermin outbreak. The premises will be regularly treated for the control of pests.

Educators will ensure that all tissues are disposed of immediately after use.

There will be a suitable area for waste disposal. This is to be covered and emptied daily into outside garbage units that are collected regularly.

Recycled items (e.g. toilet rolls for craft activities) which were used, or suspected to have been used, in a non-hygienic environment, will not be used at the service.

There will be suitable disposal facilities for first aid waste such as adhesive dressing, bandages, and/or blood-soaked tissues and wipes. These will be disposed of immediately.

There will be suitable facilities for the storage of soiled clothing. Soiled clothing will be placed inside a plastic bag and sealed. Soiled clothing will be returned to the family at the end of the day.

<b>DATE DEVELOPED</b>	<b>DATE RATIFIED</b>	<b>DATE REVIEWED</b>	<b>DATE RATIFIED</b>
August 2018	August 2018	October 2021	October 2021
		April 2023	June 2023
		Aug-Sept 2025	October 2025