

Personal Hygiene Policy



Purpose

To protect the health of the school community and help students manage their own personal hygiene routines.

Policy

The school will encourage personal hygiene practices to limit the spread of disease and protect the health of members of the school community.

Definitions

Personal hygiene is the action, habit or practice of keeping oneself clean, especially as a means of maintaining good health. The practice of personal hygiene can also protect the health of others.

Hand hygiene is a general term referring to any action of hand cleansing. It includes hand washing with soap and water and the use of antimicrobial hand rubs (for example, alcohol-based hand rub).

Strategies and Actions

The following table outlines the strategies and actions that schools can undertake to help students manage their own personal hygiene routines.

Strategy	Action
Provision of soap and other hygiene consumables	<p>Schools have a responsibility to provide appropriate hand hygiene consumables to support the personal hygiene routines of students. Consumables include:</p> <ul style="list-style-type: none">• soap, preferably in liquid form via a dispenser (for example, wall mounted)• a method for hand drying (for example, paper towel or hand dryer)• alcohol-based hand rub (where deemed appropriate). <p>Although washing hands with soap and water is the preferred method of hand hygiene, alcohol-based hand sanitisers are a useful adjunct to hand washing and can be provided in classrooms or where running water is not available. Non-alcohol-based hand sanitisers are not recommended.</p>

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	<p>Provision for the cost of school consumables such as soap is included in the cash component of the Student Resource Package.</p>
<p>Hand hygiene education</p>	<p>Schools can incorporate hand hygiene education into the curriculum and daily school activities to maximise opportunities for students to develop personal hygiene practices. See the Clean Hands hand hygiene curriculum resource in Department resources below.</p> <p>Hand hygiene should be routinely performed:</p> <ul style="list-style-type: none"> • before, during and after preparing food • before and after eating • after using the toilet • after coughing, sneezing or blowing your nose • after touching animals or pets • before and after treating a wound or cut • after handling garbage <p>when hands are visibly soiled.</p>
<p>Personal hygiene care and learning plan</p>	<p>Schools can create a personal hygiene care and learning plan that positively reinforces progress for students identified with a learning need in the step-by-step processes of:</p> <ul style="list-style-type: none"> • hand hygiene • face washing, especially after eating • blowing and wiping their noses • toileting • menstruation management for those who need reassurance, verbal support or assistance. <p>The Toileting Care and Learning Plan (docx - 44.28kb) is an example of a care and learning plan that can be customised.</p> <p>Health Support Planning Forms are also available when health advice on an identified health need has been received from the student's medical practitioner.</p>

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Occupational health and safety	All personal hygiene management practices must reflect occupational health and safety standards for the school.
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Evaluation

- This policy shall be evaluated as part of the school's cyclic review process.