

Diapering/Handwashing Procedure- for Use with the ERS

This information is summarized from the national resource, *Caring for Our Children (CFOC)*, Standard 3.2.1.4 (complete reference is listed below). For the entire, detailed procedure, please refer directly to CFOC.

Proper Diapering Procedure:

1. Before diapering a child, staff hands must be washed with soap and water or cleaned with hand sanitizer.
2. Prepare for the diapering procedure by getting out all supplies that will be needed ahead of time, including:
 - Changing paper
 - Wipes (removed from their container), enough to clean the child and to clean adult's and child's hands
 - New diaper
 - Plastic bag for dirty clothes and change of clothes, if needed
 - Disposable gloves, if used (gloves are not required)
 - A dab of diaper cream on a paper towel, if needed (with an extra glove or tissue to apply cream)
3. Bring the child to the diapering table and remove clothing as needed to access the diaper. If clothes are dirty, place in the plastic bag and tie up.
4. Open the child's diaper, but leave the diaper under the child's bottom while cleaning.
5. Clean child's bottom, wiping front to back, using the soiled side of the wipe only once. Throw away the diaper and wipes in a hands-free lined and covered trash container.
6. If the changing paper is soiled, fold it over to create a clean surface.
7. Remove and throw away gloves, and then wipe your hands with a clean wipe, followed by wiping the child's hands with a second clean wipe. Throw wipes away.
8. Place the clean diaper under the child and use clean gloves or tissue to apply diaper cream if needed, and throw away.
9. Redress the child.
10. Wash the child's hands following the proper handwashing procedure and return the child to the play area without touching any other surfaces.
11. Throw away the paper liner and wash the changing surface with a soapy water solution, a wet soapy paper towel, or a cleaning wipe.
12. Thoroughly cover the changing surface with an appropriate disinfecting solution, following manufacturer instructions for use.
13. Wash your hands with soap and water following the proper procedure.

Proper Handwashing Procedure:

1. Wet hands with water and apply liquid soap.
2. Rub hands together away from the flow of water for 20 seconds.
3. Rinse hands free of soap under running water.
4. Dry hands with a clean disposable paper towel or a one-time use cloth towel, or dry thoroughly with an air dryer.
5. If faucets do not shut off automatically, turn faucets off with a disposable paper or single-use cloth towel.*

*The handwashing procedure states that water remains on throughout the handwashing process. However, there is little research to prove whether a significant number of germs are transferred between hands and the faucet while washing. Turning off the faucet after wetting and before drying hands saves water for those early care and education programs practicing water conservation.

Information taken from *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 4th edition*. American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Childcare and Early Education (2019).