

## Diapering/Handwashing Procedures- for Use with the ERS- Updated 10/2024

The diapering procedure 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 a fresh wipe each time you swipe. 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, wash the changing surface with a soapy water solution, a wet soapy paper towel, or a cleaning wipe, and then rinse.
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: CFOC Standard 3.2.2.2\*

1. Wet hands with water, turn off the faucet and apply liquid soap. If programs choose to, the water can be left running. When water supply is a concern, turn off the water before applying soap.\*\*
2. Rub hands together vigorously covering all surfaces (away from the flow of water, if left on) for 20 seconds.
3. Turn on the water (if it was turned off for soaping), and rinse hands free of soap under running water.
4. Turn off the faucet and dry hands with a clean disposable paper towel or a one-time use cloth towel, or dry thoroughly with an air dryer. Programs may use a paper towel or single-use cloth towel to turn off the faucet, but it is not required.

\*CFOC Note, updated 09/23: Programs may turn off the faucet during handwashing to save water. Programs do not need to leave the water running because data has not shown that a significant number of germs are transferred between hands and the faucet. Faucets may be turned off with or without a paper towel depending on program requirements. Research has shown that using a paper towel to turn off the faucet does not improve health.

\*\*Proper handwashing requires using soap and water together to create a good lather for loosening soil and germs before rinsing. It is recommended that hands are wet first before applying soap to prevent the soap from being washed away before lathering. However, if soap is applied before wetting hands, but hands are still rubbed away from the flow of water to create the required lather, this is also considered proper handwashing.

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