

Health and Safety Guidelines

Diaper Change Station

When you change a diaper, there are risks for staff and children. These include:

- Falls from the change table
- Spread of enteric illness

Follow these guidelines to prevent injuries and reduce infections:

Choose a safe change table

- Place the change table up and off of the floor
- Choose one that has:
 - A sturdy base to prevent it from tipping
 - A safety strap and/or raised safety ledge to keep the child on the change table
 - Drawers or shelves nearby or on the table. This keeps supplies within easy reach.

Prevent injuries at the change table

Before you start:

- Make sure everything you need is within easy reach.
- Ensure that the diaper-change surface and/or mat is non-absorbent.
- Check vinyl for tears in the material and replace as needed. Exposed padding cannot be properly disinfected and can pose a hazard if inhaled or ingested.
- Place the change table away from windows or blind cords.

When changing:

- Take the child with you if you have to leave the room. Don't leave the child in the care of another child.
- Keep one hand on the child and use the safety straps when available.
- Don't use baby powder, talc, or cornstarch. These products are dangerous because they are easy to inhale when they are in the air. This could lead to a respiratory infection.

Control the spread of illness when you change a diaper

- Food handlers should not change diapers. Separate diaper change areas from food preparation areas. Never use these areas for any other purpose. This prevents contaminating food with germs found in a child's stool.
- Use disposable wipes to clean a child.
- Do not bath a child in the handwash sink. This can spread germs and cause injury.
- Use a single-use utensil for each child if special creams are needed. Never use your fingers or a shared stick to dispense creams and ointments. This contaminates the contents.

Clean up after changing a diaper

Washing your hands

- Ensure that the hand wash sink is very close to the diaper change station.
- Wash your hands with soap and water before and after changing a diaper.
- Do not use alcohol hand sanitizer to replace handwashing.
- Wash the child's hands after the diaper is changed.

Using gloves

- Make sure you have a supply of single use disposable gloves. You should wear disposable gloves any time there's a possibility you can come into contact with blood and/or body fluids. These gloves should be made of strong vinyl or rubber—not thin plastic that can rip easily.
- Remember to:
 - Wash your hands with soap and water for at least 15 seconds before and after wearing gloves.
 - Wear gloves on both hands
 - Always wear clean gloves
- Remove your gloves when going from a “dirty” to a “clean” procedure. For example, from changing diapers (dirty) to helping wash the child's hands (clean).
- Never wear gloves as a substitute for handwashing.

Handling waste

- Place soiled clothing or cloth diapers in a sealed plastic bag for home washing. Never rinse soiled clothing or diapers at the centre.
- Make sure the waste container has a tight-fitting, foot opened lid.
 - Line it with a disposable plastic bag.
 - Label the container to indicate that it is to be used only for diapers.
 - Empty the container frequently.
 - Clean and sanitize it weekly (minimum).

Cleaning and sanitizing

- Provide a disinfectant for use after each diaper change.
- Remember to clean and sanitize the change table after use.
- Label the disinfectant. Keep it up and out of reach of children at all times.

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