Welcome to HLTH107:
CCDBG Health and Safety Basics

This course provides basic information and recommended practices for the following core health and safety content areas from the Child Care and Development Block Grant (CCDBG):

- Indoor/Outdoor Safety
- Handling and Storage of Hazardous Materials
- Transportation and Field Trip Safety
- SIDS and SUID Prevention
- Shaken Baby Syndrome
- Preventing and Managing Infectious Disease
- Food Allergies
- Medication Administration
- Emergency and Disaster Preparedness

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Define key terms and identify recommended practices for reducing risks in the indoor environment
- Demonstrate an understanding of potential hazards in the indoor environment
- Identify recommended strategies and practices for promoting toy safety
- Identify recommended practices for promoting safe, appropriate behaviors through positive child-teacher interaction
- Identify important safety factors specific to the infant-toddler environment, including choking hazards and equipment safety
- Identify basic practices for reducing the risk of Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS)
- Identify best practices for storing and reducing the risk of poisoning or other exposure to hazardous chemicals
- Identify causes, symptoms, effects, and strategies for preventing Shaken Baby Syndrome
- Define and/or identify key terms and facts related to infectious disease
- Define purpose and basic procedures of the Daily Health Check
- Define the eight major food allergens
- Define and/or identify key terms and facts related to infectious disease
- Identify differences between cleaning, sanitizing, and disinfecting and relevant practices related to each
- Define various types of medications
- Identify basic policies and procedures for administering medication in the early care environment
- Demonstrate understanding of the Seven Rights of Medication Administration
- Identify policies for managing errors, accidents, and adverse reactions related to medication administration
- Identify recommended policies, procedures, and practices for conducting evacuation drills in the early care environment
- Identify recommended policies and practices for mitigating and/or managing disasters in the early care environment
- Identify staff roles and responsibilities with regard to disaster preparation

Note: At five points in this course, participants are expected to reflect and write about topics related to their own learning and teaching experiences in relation to course content.

References:

Various resources available through Healthy Child Care America (a program of the American Academy of Pediatrics), 2013 (http://www.healthychildcare.org/index.html)

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Use the space provided to record important notes about each section of the course.

**Part 1: Safe Environments**

**Basic Indoor Safety**

**Safe Space and Room Arrangement**

**General Facility Safety**

**Doors**

**Stairways**

**Window Treatments**
Kitchen and Cooking Facility

Electricity

Toy Safety

Toy Selection

Age Appropriate Toys

Toy Maintenance

Toy Storage

Art Material Safety
Selecting Art Materials

Supervision and Interaction

Infant-Toddler Safety

Crib

Playpens

High chairs

Walkers

Diaper Changing Tables

Sudden Unexplained Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS)
Choking Hazards

Poisons

Inhalation

Absorption

Ingestion

Injection

Understanding and Preventing Shaken Baby Syndrome

Causes of Shaken Baby Syndrome

The Symptoms of Shaken Baby Syndrome

Long-Term Effects of Shaken Baby Syndrome
Outdoor Safety

Surfaces

Playground Maintenance

General Maintenance Checklist

Surfacing
__ The equipment has adequate surface under and around equipment (see state requirements)
__ Loose-fill protective covering is free from foreign objects and debris
__ Loose-fill protective covering is not compacted (should not be hard or non-absorbent)

General Hazards
__ No sharp points and edges on equipment
__ All protective caps and plugs are in place
__ No dangerous protrusions and projections
__ No entrapment or strangulation hazards
__ No trip hazards or pinch, crush or shearing points

Wear-and-Tear
__ No dangerous rust, cracks, or splinters
__ No broken or missing components
__ Equipment is properly anchored

Hardware
__ Fasteners (bolts, screws, etc.) are not loose or worn
__ Bearings on spinning, rotating, or other moving parts are in good working condition

Drainage
__ Playground has proper drainage. No standing water under swings or in high-traffic areas.

General Upkeep
__ The playground is free of litter and debris
__ There are no missing trash receptacles
__ Trash receptacles are emptied on a regular basis

Barriers and Gates
__ No holes or damaged sections in the fence
__ Latches and hinges on gates are in good working order

Outdoor Supervision
Water Safety

Additional Tips for Promoting Safe, Appropriate Outdoor Behaviors

Transitioning to the Outdoors

Setting Limits

Dealing with Distractions

Engaging Children in Outdoor Play

Transportation and Field Trip Safety

Center Transportation Policy
Staff Roles in Transportation

Transportation Supervisor

Drivers

Support Staff and Chaperones

Passenger Restraints and Safety

Child Passenger Safety

Understanding How to Use Child Safety Restraint Systems

First Aid and Emergency Preparation

Cell Phones and GPS Devices

Supervision Ratios

Entering the Vehicle
Riding in the Vehicle

Exiting the Vehicle

Field Trip Safety

Site Evaluation

Parental Permission

Communication with Child Care Facility

Additional Field Trip Safety Considerations

Child-Staff Ratios

Identification

Snacks and Water

First-Aid Kit

Safety at the Field Trip Site
Part 2: Practices and Policies for Basic Health and Hygiene

Infections 101

Types of Pathogens

Bacteria

Viruses

Parasites

Fungus

How Infections Spread

Contact

Droplet

Airborne

Immunization
Vaccines

Vaccine Risks and Rumors

Unimmunized Children

Vaccines and Autism?

Immunization of Caregivers/Teachers

Basic Health and Hygiene Policy

Handwashing

How to Wash Your Hands Effectively

Should You Use Antibacterial Soap?
Hand Sanitizers

When Should Staff Wash Their Hands?

When Should Children Wash Their Hands?

Daily Health Check

Managing Illness

A Clean, Healthy Environment

Program Policy

Cleaning vs. Sanitizing vs. Disinfecting

Cleaning

Sanitizing

Disinfecting
Routine Schedule for Cleaning, Sanitizing, and Disinfecting

Cleaning and Sanitizing Toys

Teaching Good Personal Hygiene and Healthy Habits

Food Allergy Awareness and Response

Eight Major Food Allergens

Food Allergen Sensitivity

Recommended Practices for Avoiding Accidental Exposure to Food Allergens

Food Labeling

Non-Typical Contact With Allergens at the Center

Maintaining an Allergen Safe Child Care Environment
Forms of Medication

Why Administer Medication in the Child Care Environment?

Best Practices and Procedures for Medication Administration

Receipt of Medication

Authorization to Give Medication

Order from Health Care Professional

Safe Handling and Storage

The Seven “Rights” of Medication Administration

Administering the Medicine
Identifying Side Effects

Allergic Reactions

Avoiding Errors and Coping with Challenges

Part 3: Emergency Preparedness

Basic Emergency Procedures for Unresponsive Children

Basic Disaster Preparation: Food, First Aid, and Written Plans

Supply of Food and Water for Disasters

First Aid and Emergency Supplies

Disaster Planning, Training, and Communication
Written Emergency/Disaster Plan

Communicating with Parents/Guardians

Emergency and Evacuation Drills/Exercises Policy

Basic Fire Drill Procedures

Everyday Safety

Parent Volunteers and Substitute Teachers

Infants and Other Non-Ambulatory Children

Disaster Mitigation

Prevent Cooking Fires!

Staff Responsibilities

Helping Children Cope

Promote Resilience in Children
Infection Control

First Aid

Shelter-in-Place

Evacuations

Relocations

Talking to Children about Disasters

Preparing for Specific Types of Natural Disasters

Attacks or Acts of Violence

Community Violence

Family Violence

Terrorism