



Personal Hygiene

Rationale:

To protect the health of the school community.

Aims:

Help students manage their own personal hygiene routines.

Implementation:

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

Schools have a responsibility to provide appropriate hand hygiene consumables to support the personal hygiene routines of students. Consumables include:

- Soap, preferably in liquid form via dispenser.
- A method for hand drying (for example, paper towel).
- Alcohol-based hand rub (where deemed appropriate).

Washing hands with soap and water is preferred method of hand hygiene.

Hand hygiene education

Schools can incorporate hand hygiene education into the curriculum and daily school activities to maximize opportunities for students to develop personal hygiene practices.

Personal hygiene care and learning

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:

- Hand hygiene
- Face washing, especially after eating
- Blowing and wiping their noses
- Toileting

Health Support Planning Forms are also available when health advice on an identified health need has been received from the student's medical practitioner.

Occupational health and safety

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

Related policies:

- Contenance Care
- Health Support Planning Forms
- Infectious Diseases
- Personal Care Support

Department resources:

- Clean Hands curriculum resource: for hand hygiene curriculum
- Health and Physical Education Resources: for sexuality education and curriculum resources.

Links and Appendices:

Health Care Needs Policy:

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/healthcareneeds.aspx>

References:

<http://www.education.vic.gov.au/school/principals/spag/health/pages/personalhygiene.aspx>

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

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