

# SANITATION AND HEALTH PRACTICES

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## WHAT STATE SAYS ABOUT SANITATION

### 746.3401- Must my child care center have an annual sanitation inspection?

- A. Your child-care center must have a sanitation inspection before we issue your initial permit and at least once every 12 months, unless your child-care center is located in a public school facility operated by the local independent school district
- B. If an inspection is required, a state or local sanitation official must conduct the inspection. If an inspection is not available, you must provide documentation of this from a state or local sanitation official or county judge.

### 746.3403- How do I document that a sanitation inspection has been completed?

If required you must keep a copy of the most recent sanitation report, letter, or checklist at the child-care center during hours of operation to verify the inspection date and findings. The report must include the name and telephone number of the inspector.

### 746.3405- Do I have to make corrections called for in the report?

If required you must comply with corrections, restrictions, or conditions specified by the inspector in the sanitation report, letter, or checklist. The sanitation inspector has greater expertise in how long it should take to make the correction and can balance this with the risk to children.

### 746.3407- What steps must I take to ensure a healthy environment for children at my child-care center?

You must clean, repair, and maintain the building, grounds, and equipment to protect the health of the children. This includes but is not limited to:

1. Setting aside toys and equipment that are placed in children's mouths, or are otherwise contaminated by body secretion or excrement, to be sanitized before handling by another child.
2. Machine washing cloth toys, if used, at least weekly and when contaminated.
3. Machine washing all linens at least weekly, and when soiled or before another child uses them.
4. Sanitizing sleeping equipment before a different child uses it and when soiled.
5. Sanitizing potty chairs after each child's use.
6. Emptying water tables and toys used in water tables daily, sanitizing and ensuring children and caregivers wash their hands before using the water table.
7. Maintaining sand boxes and sand tables in a sanitary manner.
8. Making all garbage inaccessible to children and managing it to keep the child care center inside and outside free of insects, rodents, and offensive odors, and disposing of it according to local and state



- requirements.
9. Keeping all floors, ceilings, and walls in good repair and clean. Paints used at the child-care center must be lead-free.
  10. Keeping all parts of the child-care center used by children well heated, lighted, and ventilated
  11. Sanitizing table tops, furniture, and other similar equipment used by children when soiled or contaminated with matter such as food, body secretions, or excrement
  12. Clearly marking cleaning supplies and other toxic materials and keeping them separated from food and inaccessible to children.

Research supports preventive steps such as regular and proper hand washing, ventilating rooms regularly with lots of fresh air, and establishing cleaning routines helps to limit the spread of infections. Germs have difficulty growing in clean, dry, and well ventilated environments.

Contamination of toys and other objects in the room contributes to the transmission of diseases and germs in child-care centers. Providing enough toys to rotate through the cleaning process allows children to stay in active play while maintaining a healthy environment.

### 746.3501 What steps must caregivers follow for diaper changes? Caregivers must

1. Promptly change soiled or wet diapers or clothing.
2. Thoroughly cleanse children with individual cloths or disposable towels. You must discard the disposable towels after use and launder any clothes before using them again.
3. Ensure that the children are dry before placing a new diaper on the child. If the child must be dried, you must use a clean, individual cloth or disposable towel to dry the child. You must discard the disposable towel after use and launder any cloth before using it again.
4. Not apply powders, creams, ointments, or lotions without the parent's written permission. If the parent supplies these items, permission is implicit and you do not need to obtain permission for each use.
5. Label powders, creams, ointments, or lotions with the individual child's name.
6. Keep all diaper changing supplies out of children's reach.

**746.3503 What equipment must I have for diaper changing?**

1. You must have a diaper changing table or surface that is smooth, non-absorbent, and easy to clean.
2. You must not use areas that children come in close contact with during the play or eating, such as dining tables, sofas, or floor play areas for diaper changing.
3. To prevent a child from falling, a diaper changing surface that is above the floor level
  - A. Must have a safety mechanism (such as safety straps or raised sides) that is used at all times when the child is on the surface.
  - B. The caregivers hand must remain on the child at all times when the child is on the surface.
4. You must have a hand washing sink in the diaper changing area. Refer to 4403 of this title.

**SANITIZING**

**Definition 746.3409-** sanitizing requires a four step process. For the sanitizing process to be effective, you must follow these steps in order

1. Washing with water and soap
2. Rinsing with clear water
3. Soaking in or spraying on a disinfecting solution (at least two minutes) Rinsing with cool water only those items that children are likely to place in their mouths.
4. Allowing the surface or article to air dry

**746.3411 A disinfecting solution may be**

1. A self made solution, prepared as follows
  - a. 1T of regular strength household bleach to each gallon of water used for disinfecting such items as toys and eating utensils
  - b. ¼ c of regular strength liquid bleach to each gallon of water used for disinfecting surfaces such as bathrooms, crib rails, and diaper changes tables
  - c. You must pre pare each solution daily and place it in a closed and labeled container
2. A commercial product that is register with the Environmental Protection Agency as a antimicrobial product and includes directions for use in a hospital as a disinfectant. You must use the product according to label directions. Commercial products must not be toxic of surfaces likely to be mouthed by children, like crib rails and toys.

**DISHWASHER/WASHING MACHINE****746.3413 May I use a dish washer or washing machine to sanitize items at my child care center?**

Items that may be washed in a dishwasher or hot cycle of a washing machine which runs at a temperature of 160 degrees Fahrenheit or higher for five or more minutes do not need additional disinfecting because these machines use water that is hot enough, for long enough, to kill most germs.

When children have access to a hand-washing sink, it is important to protect them from being scalded. Research indicates tap water burns are a leading cause of non-fatal burns and children under five are the most frequent victims. If a local health department requires water hotter than 120 degrees F for other uses in the child-care center, several measures are available to adjust water temperature at a hand washing sink.

**746.3431 May I use water from a private water supply instead of a public water supply for my child care center? Yes you may use water from a private water supply although you must:**

1. Maintain the water supply in a safe and sanitary manner
2. Maintain written records indicating the private water supply meets the requirements of the Texas commission on Environmental Quality if applicable.

**746.3433 May I use a septic system for sewage disposal?**

Yes if the septic system is sanitary and meets the standards of the Texas Commission on Environmental Quality, including any routine inspections required by law.