

EYFS Health and Safety

Sand and Water

Use 'silver sand' not builders' sand.

If outside, make sure sand and water trays are covered when not in use. When removing covers, check to ensure nothing has got underneath overnight.

Change water/sand regularly and clean the tray/toys. Clean condensation off the cover if it forms overnight.

Make sure trays are away from electrical equipment.

Teach children not to touch electrics with wet hands.

If sand gets into the eye, wash gently with clean water. Discourage rubbing.

Weather

Outdoor activities on a hot day should be done in the shade and earlier in the day if possible (before 11am)

On wet/cold days, check children are dressed appropriately.

When wet, equipment may become slippery and therefore unsafe to use.

Involve the children

Discuss health and safety with children to help them to develop an awareness of risks and how to do tasks safely.

Get children to come up with their own safety codes for some activities.

Gardening

Children must be supervised.

Suitably sized gardening tools are vital and they must be taught how to use them safely.

Children not to lift heavy items.

Do not let children use cutting tools.

Teach children to wear appropriately sized gardening gloves.

Children can only use chemicals which are available from garden centres or DIY stores. Always read the labels and instructions for use.

Teach children to wash food crops before eating.

Teaching children to beware of the fouling of freshly worked soil by cats, dogs and other animals.

Teach children to wash their hands after gardening, even if they've worn gloves.

Composting – don't let children 'turn' compost.

Be aware that composting can produce spores which can trigger asthma.

Don't compost meat, cooked food (including bread) or egg shells as they will attract vermin.

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Building

Teach children not to lift items that are too big or heavy for them.

Teach children how to lift items safely – bend knees, straight back, secure grip, load close to the body.

Check recycled items are clean and have no sharp edges, splinters, staples, etc.

Egg boxes can be used as long as they are clean and children wash hands afterwards.

Centres of toilet rolls can be used if they are used in the same way as egg boxes.

Construction kits are unsuitable.

Apparatus

Ensure new equipment is tested by adults and can carry them safely.

Teach children to be aware of each other when using and show how to use safely.

SAFETY CODE

Check all toys and equipment are clean and serviceable with no broken parts.

Make sure equipment is suitable for year group.

Store things that children use at an accessible height (they should not stretch or climb to reach it)

Teach correct hand washing techniques.

Make sure that children are wearing appropriate footwear for the activity.

Young children should not blow up balloons.

Food (part 1) Health and Safety

Food
Teach children that food used for play should not be eaten.
Dry foods such as pasta, can be used for a longer time than cooked foods, fruit, vegetables, etc.
Food used for play should be disposed of as kitchen waste.
Consider children's allergies.
Remember to tie back long hair, wash hands and cover scratches/cuts with a waterproof dressing before working with food.
Encourage children to wear aprons.
Remind children to rewash hands after breaks and visits to the toilet.
Make sure tables are cleaned with hot water and detergent before use. Children should work on individual boards/mats or on a plastic table cover.
Do not use hot oil or boiling sugar. Kidney beans need to be properly cooked because they contain poisons.
Avoid skin and eye contact with the juice and seeds of chilli peppers.
Cover spices used for sniff tests with muslin
Cook eggs and raw meat thoroughly to avoid food poisoning.

Food
Taste tests should have children wash their hands and tie their hair back.
Make sure that hot foods and drinks are given time to cool sufficiently before tasting.
Only store small quantities of food in school. Use labelled, rodent-proof containers.
Store perishable goods in a clean fridge at the correct temperature.
Keep high-risk raw foods, such as uncooked meat, on a lower shelf or in sealed containers.
Do not refreeze food.
Use a cool-box/ cool-bag to carry food from a fridge to the preparation area if it is not to be used immediately.
When using a microwave, make sure that you follow the manufacturer's instructions.
When using a cooker, consider the fire risks nearby, including those linked to the movement of children.
Use of cookers, ovenware and food-processing equipment must be supervised.
Reserve an area for washing food utensils. If it is not possible, at least have a special washing up bowl.
Be aware that plastic utensils can break or are less effective.

Food (part 2) Health and Safety

Food
Use sharp knives and teach children how to use them safely.
Separate raw meats, fish and eggs from ready-to-eat foods.
Use separate equipment for the preparation of raw and ready-to-eat foods. Consider colour-coded chopping boards.
Wash hands between handling raw and ready-to-eat foods.
Be aware of medical/religious reasons children might have for not handling or eating certain foods.
Take note of use-by dates.