

Day Home Guidelines

Day homes are places where child care services are offered in a caregiver's own home. Follow this checklist of best practices for day home providers to operate a day home safely.

Keep children safe

- Keep a basic first aid kit available in the home.
- Cover electrical outlets with approved safety covers.
- Secure dangling cords from blinds and other window coverings, and secure electrical cords away from children's reach.
- Secure televisions, shelving, dressers, and other furniture to prevent it from falling on a child.
- Lock away chemicals, medications, and other dangerous objects.
- To prevent scalding, keep hot water temperature for baths and showers at or below 49C (recommended 43C). Keep all other hot water taps at or below 54C (recommended 49C).
- Keep area around hot water tank free of clutter and combustibles.
- Prevent children's access to the laundry room.
- Remove dangerous objects from the yard and around the home.
- Identify and repair tripping or fall hazards throughout your home (examples: stairs, uneven flooring, loose carpet, slippery floors). Keep gates secured at the top and bottom of all accessible stairways.
- Verify that baby furniture and toys meet Health Canada's safety standards - <http://www.hc-sc.gc.ca/cps-spc/index-eng.php>.
- Supervise the use of any outdoor pools. Provide safety equipment for pool (examples: throwing ring, reach pole). Completing a course in pool operation and maintenance is recommended.*
- Provide a puncture proof container for sharps disposal, if needed.*
- Review a fire evacuation plan with children. Maintain fire extinguishers, smoke detectors and carbon monoxide detectors in good working condition.*
- In general, keep children out of the kitchen, but supervise them when they do use it.*
- Do not use trampolines - <http://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-position-statement-trampoline.pdf>.*

LEGEND

- Mandatory practices
- Recommended practices (italics)*

- Install and maintain protective fall surfacing under and around play structures - <http://www.parachutecanada.org/injury-topics/item/playground-surfacing>.*
- Eliminate entrapment, entanglement and protrusion hazards on play equipment.*
- Clean and service furnace every 2 years.*
- Complete a course in basic childcare safety - <http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-home-study-child-care.pdf>.*

Prevent the spread of disease

- Provide hand soap and single use towels for handwashing.
- Keep toilets and sinks clean and in good condition.
- Keep beds, cribs, cots or mats sanitary and in good condition.
- Space mats apart while children are sleeping.
- Have sanitizer or low-level disinfectant available. Clean and sanitize surfaces, equipment and toys. For directions, use Health and Safety Guidelines for Child Care Facilities - <http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidelines-child-care-facilities.pdf>.
- Provide a separate space for diapering children. Follow proper diapering procedures and practices. For directions, use Health and Safety Guidelines for Child Care Facilities.
- Protect your home from mice, flies and other pests.
- Test sanitizer strength with a test strip before use.*
- Avoid placing clean laundry in baskets used for dirty laundry. Label baskets "For clean laundry only".*
- Avoid contact between toothbrushes, hair combs, and brushes. Each item should be stored separate from one another.*
- Use individual separate wash cloths and towels for each child.*
- Wash hands after touching animals, animal waste, or any related animal supplies.*
- Take animals to routine vet examinations and vaccination.*

Keep food safe

- Keep hot and cold potable water available at all times in the kitchen.
- Protect food from unsafe conditions (dirt, dust, broken glass, insects, sneezing, coughing).
- Store foods in sanitized food grade containers. Use food grade packaging material to wrap or cover foods (examples: aluminum foil, plastic wrap, wax paper).
- Do not store food in washrooms.
- Store potentially hazardous food (examples: meat, fish, poultry, eggs, dairy products, cooked vegetables, cooked rice) below 4°C or above 60°C.
- Use smooth, durable, easily cleanable, sanitized countertops and cutting boards for food preparation.
- Clean and sanitize all food equipment and keep in good condition.
- Wash, rinse and sanitize all food preparation equipment before each use.
- Two-compartment sink, or a one-compartment sink and domestic dishwasher are available.
- Practice good personal hygiene. Wash hands with soap and use paper towels to dry prior to handling food.
- Purchase food from permitted and licensed businesses only. Avoid using home canned foods, with the exception of fruit jams, jellies, and pickles.
- Keep a thermometer in the fridge close to the door. Check the temperature of the fridge often.*
- Use a thermometer to measure internal temperature of cooked food.*
- Keep animals out of kitchen and food storage areas.*
- Do not store food in the laundry room, unless it is prepackaged and protected from contamination.*
- Keep animal food, cleaning equipment and supplies separate from your food.*
- Complete course in basic food safety - <http://www.albertahealthservices.ca/eph/Page3151.aspx>.*

For more information, please contact your nearest Environmental Public Health office.

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SC-16-004
Created: Nov/16