

DOCUMENTATION OF HEALTH AND SAFETY TRAINING MINIMUM 15 HOURS OF TRAINING

This certificate verifies that (First/Last Name) _____
has completed the following Child Care Health and Safety Training courses:

| Date of Course | Title | Total # of Hours | Sponsoring Agency | Instructor's Name and Signature |
|------------------------|---|------------------|-------------------|---------------------------------|
| | Prevention of Infectious Disease: <i>Preventive Health Practices</i> | | Name: Phone: | Print & Sign: |
| | Prevention of Infectious Disease: <i>Prevention Policies</i> | | Name: Phone: | Print & Sign: |
| | Injury Prevention | | Name: Phone: | Print & Sign: |
| OPTIONAL TOPICS | | | | |
| | Child Nutrition | | Name: Phone: | Print & Sign: |
| | Emergency Preparedness | | Name: Phone: | Print & Sign: |
| | Caring for Children with Special Needs | | Name: Phone: | Print & Sign: |
| | Signs & Symptoms of Child Abuse | | Name: Phone: | Print & Sign: |
| | Childhood Lead Poisoning Prevention | | Name: Phone: | Print & Sign: |
| | | | Name: Phone: | Print & Sign: |
| | | | Name: Phone: | Print & Sign: |

TOTAL HOURS COMPLETED: _____

| | |
|---|---|
| Attach CPR card here Total # of hours: _____ | Attach First Aid card here Total # of hours: _____ |
|---|---|

Child Care Provider: please retain this documentation, keep a copy for your personal records, and place the original in the office file for License evaluation. If you have questions about the training, you may call the Child Care Healthline (800) 333-3212.

*PREPARED BY THE CALIFORNIA CHILDCARE HEALTH PROGRAM
Funded by the Maternal & Child Health Program, Federal Dept. of Health & Human Services
Project #MCJ063918-01-0*

RECOMMENDED CORE CONTENT OF HEALTH AND SAFETY TRAINING

The topics detailed below reflect the minimum needed to meet the requirements of AB243. All topics must be presented with current information on accessing community resources and communicating with parents about related health and safety issues, including developmental, age-specific expectations regarding preventive health practices.

K Core Content that SHALL be included as part of the fifteen hours of Health & Safety Training:

PEDIATRIC \CARDIO-PULMONARY RESUSCITATION (CPR) TECHNIQUE (training must be by the American Heart Association, the American Red Cross or an EMSA-approved training organization):

- Emergency action principles
- Assessment
- Use of 911 emergency response system

PEDIATRIC FIRST AID IN CHILD CARE (training must be by the American Red Cross or an EMSA-approved training organization)

- Patient examination and injury assessment
- Orientation and access to emergency systems
- Recognition and treatment of shock, burns, bleeding, respiratory distress, head and neck injuries, fractures and sprains, dental emergencies, oral and eye injuries, exposure to environmental or toxic substances, life-threatening allergic/anaphylactic reaction (insect bites, food allergens), diabetic or metabolic emergencies, animal/human bites, and wounds
- Assembly and use of first aid kits and supplies
- Universal precautions and personal safety
- Development of first aid action plans
- Injury reporting
- Reassuring parents and children
- Talking to children about emergencies
- Emergency action plan practice

PREVENTION OF INFECTIOUS DISEASE

Prevention Policies

Health policies for staff and children that include but are not limited to the following:

- Health records maintenance and process for review of medications/administration, allergies, immunizations, health insurance
- Infectious diseases: exposures notices, exclusion/inclusion guidelines, signs of infectious diseases (mild versus serious), reportable diseases, separation/isolation guidelines
- Guidelines for managing mildly ill children
- Staff health guidelines regarding back care, injury, potential risk of infectious diseases (e.g. CMV, Hepatitis B)

Preventive Health Practices

- Daily health check
- Universal precautions, including sanitation, handwashing, gloves
- Hygiene for children and caregiver (e.g. handwashing, diapering, oral hygiene)
- Environmental sanitation including, but not limited to, vector prevention and food handling
- Air, food and water quality
- Community resources including, but not limited to, services for children with special health care needs

INJURY PREVENTION

- Risk of injury related to stages of development (e.g. falling, choking, etc.)
- Establishment and adherence to safety policies and behavior management
- Regular safety checks of indoor and outdoor environment
- Field trip, transportation, motor vehicle & child passenger safety
- Child abuse and mandated reporting requirements
- Procedures to reduce the risks of the following injuries including, but not limited to, Sudden Infant Death Syndrome, burns, choking, falls, fire, poisons (e.g. lead, iron, medications, etc.) oral injury, suffocation, Shaken Baby Syndrome, drowning, injuries from either weapons or animals

- Earthquake and emergency preparedness

K Core Content that MAY be offered to meet the requirement when additional training time is available:

Nutrition

- Meal planning: age-appropriate nutritional requirements and portions
- Food sanitation and safety: purchasing, preparation, service and storage
- Diet Restrictions (food allergies, medical diet)
- Appropriate eating/feeding behaviors for caregivers and children
- Screening for food inadequacy and growth problems
- Diet and dental decay

Child Abuse Identification & Prevention

- Importance of early intervention
- Identifying families under stress
- Signs of abuse & neglect
- Reporting responsibilities
- Community resources
- Working with at-risk, abused or neglected children & families
- Caregiver stress & the relation to abuse issues
- Caregiver support and the relationship to abuse issue

Children with Special Health Care Needs

- Identifying children who may have special health care needs
- Working with children with special needs, adapting the environment, promoting peer and self acceptance, and developing competence
- How to talk to children about their illnesses, emotional issues
- Signs of abuse and neglect
- Working with parents
- Working with case managers and other health, early intervention, or school team members
- Screening for dental, nutrition or mental health problems
- Legislation: Americans w/Disabilities Act and Individuals with Disabilities Education Act (IDEA)

Care of the Mildly Ill Child

- Differences between signs of common & serious illnesses
- Taking temperatures
- Guidelines for managing the following signs of illness including, but not limited to: fever, nausea & vomiting, febrile convulsions, diarrhea, colds & rashes
- Medication administration, record keeping & storage guidelines
- Separation/isolation guidelines
- Working with the health care team

Disaster Preparedness

- Overview of types of disaster, e.g. earthquake, fire, floods, civil disorder, etc.
- Importance of preparation, e.g. equipment, environment, preparing children via evacuation, duck & cover drills, etc.
- Reducing potential hazards in the environment
- Community resources