



Changing a nappy without spreading germs

Nappy change procedure

Preparation

1. **Wash or sanitise your hands even if you are wearing gloves.**
2. Place Barrier on the change table.

Changing

3. Put disposable gloves on both hands, if using.
4. Remove the child's nappy and put any disposable nappy in a hands-free lidded bin.
5. Place any soiled clothes (including any cloth nappy) in a waterproof bag.
6. Clean the child's bottom wiping front to back.
7. Remove the barrier and put it in a hands-free lidded bin or designated bin.
8. Remove your gloves if using and put them in the bin.
9. **Sanitise/wash hands while not leaving child.**
10. Place a clean nappy on the child.
11. Dress the child.
12. Take the child away from the change table.
13. **Wash your hands and the child's hands.**

Cleaning

14. After each nappy change, clean the change table with detergent and disinfect if required.
15. **Wash your hands once you have finished procedure.**