This training is for those Super Six topics that childcare providers must do annually. This is a free class, and we often receive hundreds of test daily. We do read and evaluate each test, so please understand that it might take us a few days to get your test graded.

When sending in your test please only send **ONE** test per email.

Learning Objectives:

1. The participant will be able to explain the importance of a medical release form when children need to take medication at the childcare program.

2. The participant will be able to list the steps on how to administer medication to a child at the childcare program.

3. The participant will be able to list at least 3 common childhood allergies.

4. The participant will be able to discuss the reason behind children who have food allergies to have a FARE Plan on file.

5. The participant will be able to list key strategies for preventing the spread of infectious disease.

6. The participant will be able to explain the importance of immunizations.

7. The participant will be able to explain the importance of proper handling and storage of chemical materials.

8. The participant will be able to list the proper places where hazardous materials can be stored at the childcare program.

9. The participant will be able to list key strategies for supervision of children.

10. The participant will be able to explain the importance of supervising children.

11. The participant will be able to explain why children need a safe and stable environment.

12. The participant will be able to discuss the importance of the CDC Guidelines to keep everyone safe and healthy.

Emergency Preparedness for Childcare Programs

Emergency preparedness is crucial for childcare programs because the likelihood of facing an emergency is high. Childcare providers are essential in ensuring the safety of children and staff during such situations.

Emergency Plans

Having an emergency plan is vital for knowing how to respond if an emergency occurs while children are in your care. Developing an emergency plan allows childcare providers to consider various scenarios and prepare responses in advance.

This plan should address emergencies involving both fire engines and ambulances.

Required Emergency Plans

Emergency plans are mandated by several organizations, including:

- State Licensing
- Quality Rating and Improvement Systems (QRIS)
- Childcare and Development Fund (CCDF)
- Head Start Performance Standards
- Accreditation Standards
- Caring for Our Children National Health and Safety Performance Standards Guidelines for Early Care and Education Programs (4th edition)

These standards recommend that facilities create and implement a written emergency plan detailing their practices and procedures for preparing for and responding to emergencies or disasters. Suggested components of an emergency plan include:

- Information on likely disasters in or near the facility, county, state, or region that require preparation and/or contingency planning
- A schedule and plans for conducting regular practice drills
- Methods for notifying and communicating with parents/guardians in various situations
- Methods for notifying and communicating with emergency management public officials
- Information on crisis management
- Identification of primary and secondary meeting places and plans for reunifying parents/guardians with their children
- Details on collaborative planning with other groups and representatives
- Continuity of operations planning

- Contingency plans for various situations

There are many emergency plan templates available for reference. Be sure to use your state's required plan template if one is available.

Evacuation/Shelter-in-Place

The appropriate response to an emergency depends on the specific situation.

Evacuation

You should evacuate when it is safer outside the building than inside. After evacuating, you may not be able to return to your original location and might need to relocate. It's crucial to have an initial relocation site and backup sites, including one within walking distance and another outside the immediate area.

Shelter-in-Place

In some emergencies, it is safer to stay indoors and isolate children and staff from the external environment. Decisions to shelter-in-place should be based on notifications from local emergency officials or weather forecasts.

Practice Drills

Regular practice of evacuation and shelter-in-place drills is essential.

- Follow state licensing and other applicable regulations regarding the frequency and type of drills.
- Conduct drills on a regular basis.
- Involve all children present during the drill.
- Provide children with simple instructions and explain what is happening.
- Maintain a log of all drills conducted.

Administering Medication in Childcare

Occasionally, children in childcare settings will need to take medication. It is crucial for childcare directors and providers to handle these medications correctly to ensure children receive the right dose at the right time. It can be helpful to only have one or two people handle the medication. Be sure to read minimum standards regarding medication.

Here are some essential guidelines for administering medications to children in a childcare environment:

Require a Signed Release Form: Parents or legal guardians must sign a medication release form for each medication. This form should include the child's name, the medication name, dosage, and the specific times the medication needs to be administered.

Designate a Medication Administrator: Assign a specific person to dispense medication to ensure it is given at the appropriate times and to simplify record-keeping. If the childcare program does not have a nurse, the center director or administrator is often the best choice.

Use Original Containers: Medications, whether prescription or over-the-counter, must be in their original containers. These should be labeled with the child's name, the correct dosage, and the pharmacy information if it's a prescription.

Consult Parents When in Doubt: If there are any uncertainties about administering the medication, contact the parents for instructions and record them on the release form. While pharmacists cannot provide information about a specific child, they can answer general questions about medication storage and administration frequency.

Proper Storage: Store medications as required, such as in a separate, covered container in the refrigerator to avoid contamination. All medications must be kept out of children's reach.

Obtain Permission for Over-the-Counter Medications and Creams: Parental permission is necessary for administering over-the-counter medications. Establish a policy on whether doctor's permission is needed. Medications requiring permission include:

- Antihistamines
- Non-aspirin pain relievers and fever reducers
- Cough medicine
- Decongestants
- Anti-itch creams
- Diaper ointments and powders
- Sunscreen
- Insect repellent

Use Accurate Measuring Tools: Use a proper medicine dropper or dosage spoon for accuracy. Regular silverware spoons are not suitable for measuring medicine.

Monitor for Side Effects: If any side effects are observed, stop administering the medication immediately, document the side effects, and inform the parents and/or a medical professional.

Maintain Records: Record the administration of medication in a designated notebook immediately after giving it. Include the child's name, the medication, the dose, and the date and time it was given.

Following these guidelines helps ensure the safe and effective administration of medications to children in a childcare setting.

What to Do: Using an Oral Syringe

- Wash Your Hands.
- Position the Child: Ensure your child is sitting upright.
- Prepare the Medicine: Shake the bottle unless the label indicates otherwise.
- Insert Bottle Adapter: If necessary, insert the bottle adapter after removing the top.

Draw the Medicine:

- Insert the top of the oral syringe into the bottle adapter.
- Turn the bottle upside down and pull the plunger to the required volume.
- Note: Check the syringe measurements carefully, as some are marked in milliliters (ml) and others in milligrams (mg).

Remove the Syringe: Gently remove the syringe from the bottle adapter and replace the bottle top.

Administer the Medicine:

- Place the syringe tip between your child's gums and cheek.
- Gently push the plunger to release small amounts of medicine.
- Allow your child to swallow before continuing.
- Note: Do not squirt the entire dose at once to avoid choking.

Post-Medication: Give your child a drink to help wash down the medicine.

Clean the Syringe:

- Disassemble the syringe and wash the parts in warm, soapy water unless otherwise directed.
- Note: Avoid using cleaning fluids that may remove dose markings.
- Let the parts dry naturally away from heat and sunlight, then reassemble for the next dose.

Using a Medicine Cup or Spoon

- Wash Your Hands.
- Position the Child: Ensure your child is sitting upright.
- Prepare the Medicine: Shake the bottle unless the label indicates otherwise.
- Measure the Dose: Carefully pour the medicine into the provided medicine cup or spoon according to the label's dosage instructions.

Administer the Medicine: Give the measured dose to your child.

Post-Medication: Give your child a drink to help wash down the medicine.

Clean the Utensils:

- Wash the cup or spoon in warm, soapy water unless otherwise directed.
- Let the utensils dry naturally away from heat and sunlight.
- Note: Always use the provided medicine cup or spoon for accurate dosing. Do not use household spoons.
- Storing Liquid Medicine Safely

Important Notes:

Keep Out of Reach: Store all medicines out of the reach and sight of children.

Follow Storage Instructions: Ask your pharmacist about storage requirements, as some medicines need refrigeration while others should be kept out of direct sunlight.

Read Labels Carefully: Use the liquid medicine as instructed on the label.

Check Expiry Dates: Always check the expiry date before administering medicine.

Verify Dosage: Ensure you are giving the correct dose, as some medicines come in different strengths.

Dispose Properly: If the medicine expires or is no longer needed, return it to your pharmacist for proper disposal. Do not flush it down the toilet or throw it away.

Preventing and responding to emergencies due to food or an allergic reaction

Children can have allergies to specific foods or additives, which can cause a range of reactions. Common allergens include:

- Milk
- Eggs
- Peanuts
- Wheat
- Soy
- Fish
- Shellfish
- Tree nuts

These foods can trigger allergic reactions whether they are consumed raw or cooked. Even tiny amounts can cause symptoms, which vary from mild to severe.

- Mild Reactions
- Headache
- Diarrhea
- Hives (red, itchy, swollen areas of the skin)
- Severe Reactions
- Swelling of the tongue and throat
- Difficulty breathing
- Loss of consciousness

In the event of severe reactions, such as breathing difficulties or unconsciousness, seek emergency help immediately.

If you suspect a child is experiencing an allergic reaction to food, discuss your concerns with the child's parents and encourage them to consult a doctor. The doctor can help identify the specific allergen. The primary treatment for food allergies is to avoid the problematic foods.

If you suspect that a specific food is making a child sick, take the following steps:

- Communicate with Parents: Discuss the issue with the child’s parents and recommend removing the suspected food from the child’s diet.
- Collaborate and Read Labels: Work together with the parents to read food labels and identify ingredients. Avoid feeding the child any food containing the suspected allergen.

- Track Foods and Symptoms: If the cause of the illness is unknown, keep a detailed list of all the foods the child eats and monitor for any negative reactions.
- Introduce New Foods Carefully: When adding new foods to the child's diet, introduce only one new food at a time. Offer this new food in small amounts and observe the child for any adverse reactions. Wait three days before introducing another new food.
- Eliminate Foods Systematically: If the child eats a variety of foods and one seems to cause a reaction, eliminate one food at a time. Stop feeding the child one suspected food for a week and observe for any improvements.

Here are some ways to prevent and respond to emergencies due to food or allergic reactions in childcare:

- Prevent
    - Food allergy emergency plans: Create a plan for each child with a food allergy that includes a list of their allergens, possible symptoms, and steps to take if they react. Have the child's parent and health care professional sign and date the plan, and keep a copy in the child's file, classroom, and food prep area.
    - Training: Train staff to recognize, prevent, and treat food allergies, and to administer epinephrine auto-injectors.
    - Meal plans: Consider providing meal plans to parents in advance.
    - Avoid allergens: Avoid using allergy-inducing ingredients like nuts and gluten when cooking or baking with children.
    - Post allergies: Post each child's allergies in the classroom and wherever food is served, with permission from the parent or guardian.
- Respond
    - Inform parents: If staff notice any allergic reaction symptoms, let the child's parents know.
    - Call emergency services: If epinephrine is administered, call emergency services immediately.
    - Treat the reaction: Inject epinephrine into the outer thigh muscle using an auto-injector. Lay the child down unless they are vomiting or having trouble breathing. If symptoms don't improve or another severe reaction occurs, the childcare provider can give a second dose of epinephrine after about five minutes. Contact the child's

parents or other emergency contacts, and take the child to the hospital or make sure an ambulance is on its way.

When to Call a Doctor: Responding to Food Allergies

- Breathing Issues or Color Changes: If a child cannot breathe, turns blue or white, or has chest pains after eating, call 911 immediately.
- Formula Allergy Concerns: If you suspect an infant may be allergic to their formula, seek medical advice.
- Swelling: If a child's face, neck, lips, or mouth becomes swollen, call 911 immediately.
- Multiple Food Reactions: If a child becomes sick after consuming various foods, consult a doctor.

By following these guidelines, you can help identify and manage food allergies, ensuring the child’s health and safety.

Preventing and controlling the spread of communicable diseases, including immunizations

A key strategy for preventing the spread of infectious disease is employing vaccines and other products that can prevent infections from occurring or spreading. Vaccination is one of public health's most powerful and cost-effective tools to prevent disease, disability, and death among children and adults.

Vaccines Protect You

Vaccines are incredibly effective at protecting you from serious diseases like whooping cough and measles. But how do they actually work? Vaccines enhance your immune system, helping it respond more effectively and quickly to potential threats, thus protecting you from severe illnesses.

What is the Immune System?

The immune system is a complex network of cells, tissues, and organs that collaborate to defend the body against harmful germs. When bacteria, viruses, and other germs invade your body, they multiply and cause infections, leading to diseases that make you sick. Your immune system's job is to fight off these invading germs and protect you from disease.

How Does the Immune System Work?

Your immune system is constantly on the lookout for invaders. When it encounters a harmful germ, it launches an immune response. Here's how it works:

- Detection: The immune system detects the presence of an invading germ and sounds the alarm.
- Antibody Production: It starts producing antibodies, which are like soldiers designed to target and fight the specific germ. This process can take a few days.
- Attack: The antibodies work to weaken and destroy the germ.
- Memory: After the attack, the immune system remembers the germ. If the same germ invades again, your body can quickly recognize it and deploy the right antibodies, preventing illness.

This lasting protection against a particular disease is known as immunity, and in many cases, it lasts a lifetime.

How Do Vaccines Work?

Vaccines prepare your immune system to fight infections faster and more effectively. When you receive a vaccine, it triggers your immune response, helping your body learn to recognize and combat the germ if it ever invades again. Vaccines are made from very small amounts of weakened or dead germs, so they won't make you sick.

By providing long-lasting immunity to serious diseases without the risk of severe illness, vaccines play a crucial role in keeping you healthy.

Prevention Strategies for Spreading of infectious diseases

Use the following strategies within your school to help prevent the spread of infectious diseases:

- Encourage all children and their families to get sufficient sleep, eat nutritious meals, practice good oral hygiene, and get enough physical activity to keep their bodies healthy.
- Utilize infection prevention and control methods.
- Encourage frequent hand washing to prevent the spread of germs and viruses.
- Clean, sanitize, and disinfect surfaces.
- Teach children to cough and sneeze in their elbows or in to a tissue.
- Make sure rooms are well-ventilated.
- Handle food safely.
- Create a school environment where mask wearing is normal and welcome. Consider making masks available to students and school professionals who wish to wear one.
- Be an advocate and remind parents about getting their children vaccinated and themselves.
- Send out reminders and provide educational resources about vaccines.

Encourage families to see their pediatrician for well visits and to discuss any questions they might have about vaccines.

Recommend vaccinations to all staff.

- Improve access to vaccinations for staff with on-site immunizations or scheduled time off.

- Make annual vaccinations such as those for influenza and COVID-19 part of the school staff's routine.

Here are some current health practices that can help prevent the spread of illness:

- Stay home

  If you have respiratory symptoms, you should stay home and away from others, including people you live with who are not sick.

- Seek health care

  If you have risk factors for severe illness, you should seek health care promptly for testing and/or treatment. Treatment may help lower your risk of severe illness, but it needs to be started within a few days of when your symptoms begin.

- Follow CDC guidelines
  Healthcare workers can reduce the risk of healthcare-associated infections and protect themselves, patients, and visitors by following CDC guidelines

Try this fun way of remembering the most important steps to staying well.

I Immunizations are important to protect you from diseases

W Wash your hands often with soap and water.

H Home is where you stay when you are sick.

A Avoid touching your eyes, nose, and mouth –especially when you are sick.

C Cover your coughs and sneezes so you do not spread germs to others.

K Keep your distance from sick people so you don't get sick too.

Handling, storing, and disposing of hazardous materials

Due to the potential for numerous injuries resulting from improper handling and storage of materials, workers must also be vigilant regarding accidents that can arise from unsafe equipment handling and improper work practices. It is essential for workers to be able to identify methods for preventing or reducing the occurrence of such accidents. Both employers and employees should regularly inspect their workplaces to identify and address any unsafe conditions, practices, or equipment to ensure a safe and healthy working environment.

Do you and your employees know how to handle hazardous materials safely? Do you have written policies and procedures for handling hazardous materials and are your employees trained on those procedures? Here are basic rules all employees who handle or work around hazardous materials should know and follow:

- Follow all established procedures and perform job duties as you have been trained.

- Be cautious and plan ahead. Think about what could go wrong and pay close attention to what you are doing while working with or around hazardous materials.

- Always use required PPE; inspect it carefully before each use to make sure it's safe to use. Replace worn PPE; it won't provide adequate protection.

- Make sure all containers are properly labeled and that materials are contained in an appropriate container. Don't use any chemical not contained or labeled properly. Report damaged containers or illegible labels to your supervisor immediately.

- Read labels and the Safety Data Sheets (SDSs) before using any material to make sure you understand hazards and precautions.

- Use all materials solely for their intended purpose. Don't, for example, use solvents to wash your hands, or gasoline to clean equipment.

- Never eat or drink while handling hazardous material. If your hands are contaminated, don't use cosmetics or handle contact lenses.

- Employees handling hazardous materials need to read labels on chemicals they use or handle and have Safety Data Sheets (SDSs) available to refer to that explain how to properly deal with handling, storing, and cleaning up spills, and that explain relevant first-aid procedures.

- Store all hazardous materials properly, separate incompatibles, and store in ventilated, dry, cool areas.

- Employees must keep themselves and the work area clean. After handling any hazardous material, wash thoroughly with soap and water. Clean work surfaces at least once per shift, so contamination risks are minimized.

- Learn about emergency procedures and equipment. Understanding emergency procedures means knowing evacuation procedures, emergency reporting procedures, and how to deal with fires or spills/leaks. It also means knowing what to do in a medical emergency if a co-worker is injured or overcome by chemicals.

- Keep emergency eyewash and shower stations clean. Test them at least monthly to make sure they are working properly and keep them accessible; don't let clutter build up around the stations.

To ensure the safety of employees, stored materials must not create hazards. Employers should inform workers about important factors such as the height and weight of materials, their accessibility, and the condition of the storage containers. Here are essential precautions employers must take to prevent storage hazards:

Maintain Clean Storage Areas:

- Keep storage areas free from accumulated materials that can cause tripping, fires, or explosions.
- Avoid creating conditions that may attract pests like rats.

Proper Placement of Stored Materials:

- Place stored materials inside buildings under construction at least 6 feet away from hoist ways or floor openings.
- Ensure materials are at least 10 feet away from exterior walls.

Separate Incompatible Materials:

- Ensure noncompatible materials are stored separately to prevent dangerous reactions.

Safety Equipment for Workers:

- Equip employees working on stored grain in silos, hoppers, or tanks with lifelines and safety belts.

Secure Stored Materials:

- Place bound materials on racks and secure them by stacking, blocking, or interlocking to prevent sliding, falling, or collapsing.

By following these guidelines, employers can create a safer storage environment and reduce the risk of accidents and injuries.

Understanding building and physical premises safety, including identification and protection from hazards that can cause bodily injury

Building and physical premises safety involves a comprehensive approach to identifying, mitigating, and managing hazards that can cause bodily injury. Here's an overview of key aspects to consider:

1. Hazard Identification

- **Physical Hazards**: Includes risks like slips, trips, and falls, which are common in workplaces, schools, and public buildings. Sharp edges, uneven floors, and exposed electrical wiring also pose significant risks.
- **Chemical Hazards**: Exposure to hazardous substances such as cleaning agents, paints, or other chemicals can cause injuries or health problems. Proper storage and labeling are crucial.
- **Fire Hazards**: Poor electrical wiring, flammable materials, and faulty heating systems can lead to fires. Identifying and managing these risks is vital.
- **Ergonomic Hazards**: Repetitive strain, poor posture, or improperly designed workspaces can lead to musculoskeletal injuries.

2. Protection Measures

- **Engineering Controls**: Modify the environment to reduce hazards, such as installing guardrails, non-slip flooring, or ventilation systems to reduce exposure to harmful substances.
- **Administrative Controls**: Implement policies and procedures, like regular inspections, maintenance schedules, and training programs to ensure safety practices are followed.
- **Personal Protective Equipment (PPE)**: Use of PPE like helmets, gloves, safety glasses, and proper footwear to protect individuals from specific hazards.

3. Emergency Preparedness

- **Fire Safety Plans**: Include the installation of fire alarms, extinguishers, and sprinkler systems, along with regular fire drills and clear evacuation routes.
- **First Aid**: Having first aid kits and trained personnel on-site to handle injuries immediately can minimize the impact of accidents.
- **Emergency Exits**: Ensure that all exits are clearly marked, unobstructed, and accessible to all occupants, including those with disabilities.

4. Regular Inspections and Maintenance

- Conduct routine inspections to identify potential hazards, ensure all safety equipment is functional, and address any wear and tear that could lead to dangerous situations.

5. Training and Education

- Provide regular safety training for employees, students, or occupants of the premises to make them aware of potential hazards and how to avoid them.
- Educate on the proper use of safety equipment, emergency procedures, and the importance of reporting hazards.

6. Legal Compliance

- Ensure that all safety practices comply with local, state, and federal regulations, such as OSHA guidelines in the U.S., to avoid legal penalties and enhance overall safety.

By addressing these areas, you can create a safer environment that reduces the likelihood of accidents and injuries. Regular updates and reviews of safety practices ensure they remain effective and relevant to current conditions.

The Centers for Disease Control and Prevention highlights that injuries are the primary cause of death among children. Every year, nearly nine million children, from birth to 19 years old, visit emergency departments due to injuries, resulting in over 9,000 deaths. Injury treatment accounts for the highest medical spending for children.

Child injuries are preventable and predictable, yet they remain one of the most overlooked public health challenges in our country today. In 2010, motor vehicle accidents were the leading cause of injury-related deaths overall. For infants, suffocation posed the greatest risk of injury-related deaths, while drowning topped the list for children aged 1 to 4 years. Fires, burns, and falls also contribute significantly across all age groups.

Children require a safe environment to learn and reach their full potential, whether in home-based, center-based, or family childcare settings. Given children's natural curiosity, consistent safety measures such as using gates, locks, and other safety equipment are crucial in preventing accidents. State licensing requirements that address these safety practices and promote

preventative strategies like caregiver training, safety checklists, and incident documentation are essential for protecting children in care.

Active supervision stands as the most effective strategy in creating a safe environment and preventing injuries among young children. Educators employ this strategy to ensure safe exploration of environments across all age groups. By teaching educators to observe, listen, and actively engage, every program can contribute to keeping children safe.

Supervision Methods for Children

In center-based programs, caregivers or teachers should supervise children under age 6 directly, maintaining visual and auditory contact at all times. In family childcare settings, caregivers should directly supervise children either visually or audibly. During sleep times, caregivers can use auditory supervision with regular visual checks. It's crucial to meet developmentally appropriate child-to-staff ratios throughout operating hours and adhere to safety guidelines for specific areas and equipment. Children under 6 years old should never be left unsupervised indoors or outdoors.

Supervision around Water

Continuous and active supervision is essential whenever children are near or in water. When infants or toddlers are swimming or bathing, there should always be one adult for each infant/toddler. During water play or wading, the supervising adult should stay within arm's reach for "touch supervision." Programs must ensure that all pools have compliant drain covers according to the Virginia Graeme Baker Pool and Spa Safety Act.

Building Inspections

Before using any building for early care and education purposes, whether existing or newly constructed, renovated, remodeled, or altered, it should undergo inspection by a building inspector. This inspection ensures compliance with relevant state and local building and fire codes.

Fire Prevention Code Compliance

Programs must adhere to a state-approved or nationally recognized fire prevention code, such as the National Fire Protection Association (NFPA) 101: Life Safety Code, to ensure fire safety.

Guardrails and Barriers

Guardrails or protective barriers, such as baby gates, should be installed at open sides of stairs, ramps, and other elevated surfaces where there's a vertical drop of more than 30 inches to prevent falls.

Electrical Outlet Safety

All accessible electrical outlets should be "tamper-resistant," featuring internal shutter mechanisms to prevent objects from being inserted. If outlets are not tamper-resistant, safety covers that are securely attached should be used. Alternatively, safety plugs can be employed, provided they cannot be easily removed by children and do not pose a choking hazard.

Electrical Devices near Water

No electrical device accessible to children should be positioned where it can be plugged into an outlet while in contact with a water source, such as a sink, tub, shower, water table, or swimming pool, to prevent electrical hazards.

Outdoor space requirements shall include:

- The play area shall be safe for children’s activities. It shall be well-maintained and free of hazards such as poisonous plants, broken glass, barbed wire, open wells, rocks and other debris, and shall have good drainage; …
- Outdoor equipment shall be safely constructed, in good condition, and free of sharp, loose or pointed parts. Stationary equipment such as swings, slides and climbers shall be anchored securely.
- Any part of outdoor equipment from which children might fall must meet the Texas Minimum Standards for Fall Zones and Height
- Indoor play equipment and materials shall be provided and shall be clean and in good condition with all parts intact. Infants and toddlers shall have safe toys. Toys, parts of toys or other materials small enough to be swallowed shall not be used.