



**EARLY CHILDHOOD
EDUCATION LINKAGE SYSTEM (ECLS)**

HEALTHY CHILD CARE PA

ECLS Health and Safety Checklist with References

Version 1.4, December 2011 (Revisions Shown)

PROGRAM NAME/ID #: _____

CLASSROOM NAME(S)/NUMBER(S):

DATE: _____

CHILD CARE HEALTH CONSULTANT: _____

The ECLS Health and Safety Checklist includes references and has been updated December 2011 as Version 1.4. This tool guides the user to the appropriate national health and safety standard(s) and other related references for each item. Each item is cross-referenced with corresponding topics from: *Caring for Our Children: National Health and Safety Performance Standards, 3rd Edition, 2011 (CFOC)*, the Environmental Rating Scales (ITERS-R, Infant/Toddler Environment Rating Scale - Revised Edition; ECERS-R, Early Childhood Environment Rating Scale - Revised Edition); and the Pennsylvania Child Care Facility Licensing Regulations. As the intent and date of publication of the references differs from that of this checklist, the scope of the items may be broader or more focused, consistent or somewhat in conflict among the related items in the cited references. For complete reference information, see Appendix A

Developed with permission from the California Childcare Health Program (CCHP) Checklist-Revised (2005), published by the California Childcare Health Program, administered by the University of California, San Francisco School of Nursing.

Program Site Information: site contact person, agency contact person, addresses, e-mail and phone numbers for each

Profit/Non-Profit Status of site:

Hours and days of operation of the site:

Staff names who work at site, including roles and child group assignments:

Numbers of children with special health needs by types of special health needs:

Numbers of meals and snacks served at the site; whether prepared on site, brought from home, or catered by outside source to site: _____

Waivers of state regulations granted to this site? Yes No If "No", please explain.

Other license or program participation (e.g. Department of Education, Private Nursery School, Head Start):

Observations or inspections made at this site by other agencies by date, type and result
(e.g., regulatory compliance, traffic safety, health department):

Any pets kept at the site? Yes No Does the facility use an exterminator to control insect or rodent problems? Yes No

Does the facility provide transportation either routinely or for field trips? Yes No

Does the facility ever offer wading or swimming activities? Yes No

Consultants who have worked with this site in the past 12 months:

Health and safety topics addressed in professional development activities with staff in past 12 months:

Concerns that the staff would like to have addressed by the CCHC:

CFOC STANDARD 1.1.1.2

Age Levels	Staff:Child Ratio	Maximum Group Size	Total # of Staff required for maximum group size
< 12 months	1:3	6	2
13-35 months	1:4	8	2
3 years	1:7	14	2
4 years	1:8	16	2
5 years	1:8	16	2
6-8 years	1:10	20	2
9-12 years	1:12	24	2

PA REGULATIONS 3270.51 & 3270.52			
Age Levels	Staff/Children	Max Group Size	Staff Required for Max Group
Infant (Birth to 1 year)	1:4	8	2
Young Toddler (1-2 years)	1:5	10	2
Older Toddler (2-3 years)	1:6	12	2
Preschool (3 yrs to start of Kindergarten)	1:10	20	2
Young School (Kindergarten to start of 4 th Grade)	1:12	24	2
Older School Age (4 th Grade to age 15)	1:15	30	2

CODES		REFERENCES	
C	Completely meets standard	SS	Stepping Stones, YES= included - NO= not included
P	Partial	CFOC	Caring for Our Children: National Health and Safety Performance Standards, 3 rd Edition, Standard number(s)
N	Does not meet standard	ITERS	Infant/Toddler Environment Rating Scale – Revised Edition, item number(s)
O	Other – Enter one of the following codes in this column: N/A – Not Applicable N/O – Not Observed W – Attempt written policy review as well as attempt observation and/or question if observation is not possible* R – Review on-site records Q – Questioned staff about usual practice**	ECERS	Early Childhood Environment Rating Scale – Revised Edition, item number(s)
		PA 3270	PA Code Title 55, Public Welfare, Part V, Article I, Chapter 3270.

* ECELS will provide separate policy checklist to check site policies.

** ECELS plans to develop suggested questions to ask when the practice cannot be directly observed.

Please use an "X" to select an option for each checklist item.

Circle any phrase within an item for an observation rated P (Partial) or N (Does not meet standards).

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
SITE LOCATION										
1	Facilities are located on a well-drained site, free from hazards, in areas protected from: high air pollution, loud or constant noises, heavy traffic, unsafe buildings, deep excavations, radiation or radon hazards, pits, abandoned wells, other risks of entrapment, or any other unsafe or harmful environmental elements. Walkways provide access for people with disabilities and young children with minimal risk of injury.					yes no	5.1.1.5 5.1.1.5	11	14	.15 .64
ENTRY										
2	A designated plan is in place for safe pick-up & drop-off points in the vicinity of the facility.					no	5.1.6.1	11	14	.171
3	Children are supervised by an adult while boarding and exiting all vehicles.					no	6.5.2.1	11	14	.177(b)
4	Approved, developmentally appropriate safety seats or safety restraints are in use by all occupants of the vehicle when program provides transport and family use is fostered by program.					yes	6.5.2.2	none	none	.175(a)(b)
4a	Reasonable and accessible accommodations are made for facility and classroom entrances.					yes no	5.1.1.4 5.3.2.2	1, 32	1, 37	.17a
5	Security measures to prevent entry of potentially threatening individuals are in place and documented in center policy.					yes	5.1.4.4	none	none	.32(c)
6	Daily health check includes personal greeting, touching, information gathering and is performed by a skilled caregiver.					yes	3.1.1.1	6, 10	none	none
7	Decisions are made upon a child's arrival at the center and throughout the day regarding need for exclusion of ill children based on current, national pediatric (AAP/CDC) guidelines.					yes	3.6.1.1	10	13	.137
INDOOR										
General Injury and Infectious Disease Prevention										
8	All furnishings are sturdy, clean and in good repair.					yes	5.3.1.1	2	2	.77(a) .102(a) .104(a) .105
9	Tables and chairs for children allow feet to be on a firm surface and the table to be between waist and shoulder.					no	5.3.1.3	2	2	.104(a)
10	Surfaces where activities related to food or toileting/diapering are done are non-porous for easy cleaning and sanitation.					no	5.3.1.4	7, 9	10	none
11	A schedule for routine frequency of cleaning and sanitation in the facility will be posted and followed. This frequency will be increased whenever there are outbreaks of illness, there is known contamination, visible soil or when recommended by the health department to control certain infectious diseases.					yes no yes no yes	3.2.1.4 3.3.0.1 3.3.0.2 5.4.1.8 5.4.2.6 app. K	7, 9, 10	10, 12, 13	102(b) 135(b)

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
12	Passageways, stairs and exits are free from obstacles that might cause injury or obstruct egress.					no	5.1.4.3	11	14	.91
13	All passageways and activity areas are well lighted for their use.					no	5.2.2.1	11	1, 14	.78
14	Securely fastened handrails are available on both sides of ramps and steps at child and adult level. (Handrails at maximum height of 38 inches for children.) Steps have a non-skid surface. Raised platforms, landings, balconies, lofts, porches or similar structures are protected by railings or panels no more than 2 feet off the floor for preschool/schoolage and 6 inches for infants.					no no	5.1.6.6 5.1.5.2	11	14	.80
15	Emergency telephone numbers are posted for emergency services (for example, 911, poison control, fire department, police and children's protective services) and facility has written emergency policy/procedures.					yes yes	5.3.1.12 9.4.1.6	11	14	.20 .27 .74
15a	Center has at least one operable telephone and a published telephone number.					yes	5.3.1.12	11	14	.73
16	Emergency/evacuation procedures are known by caregivers and are posted in each classroom for fire, natural disasters (floods, tornadoes) and other locally relevant incidents, e.g., prison/nuclear related, custody/intruder issues, terrorist threats.					yes yes	9.2.4.3 9.4.1.6	11	14	.20 .27 .94(f)(g) .124(e)
17	Written procedure exists and is known by staff about how to evacuate children with special needs (e.g., infants, children with disabilities).					yes	5.1.4.2	11, 32	14, 37	.27(b) .94(g)
18	A 48-hour supply of food and water is stored for each child and staff member to be used in the event of a natural disaster or event that requires shelter in place. Facility should consult with local health authority or local emergency preparedness agency for more information on disaster preparedness.					yes	4.9.0.8	none	none	.27(a)(1)
19	An evacuation map is posted in each classroom that shows the path of evacuation to a location immediately outside the building and to a shelter within the building if shelter-in-place is required.					yes	9.4.1.6	none	none	.27(d)
20	There is a designated evacuation area for shelter-in-place, shelter within walking distance and shelter outside the neighborhood each of which is mentioned on posted evacuation maps.					yes no	5.1.4.1 9.2.1.3	none	none	.27 (a)(1)(2)
21	Emergency evacuation procedures have been practiced at least monthly, were conducted at different times of day, during different activities and included at least one practice of the alternative shelter-in-place and shelter within walking distance options. Written record of all evacuation drills is kept.					no yes	9.2.4.5 9.2.4.5	none	none	.27(b) .94(a)
22	There is a smoke detector system, alarm or sprinklers in working order in each room or place where children spend time.					yes	5.2.5.1	none	none	.15
23	Radon detection devices have been used and the result of detection known to determine radon levels in all lower level areas of facility.					no yes	5.1.1.7 5.2.9.4	none	none	none
24	Carbon monoxide detectors are placed in all areas where combustion equipment is located (furnace, stove, water heater areas).					yes	5.2.1.10	none	none	none
25	Water that may be in direct contact with children is no more than 120 degrees F.					no	5.2.1.14	7, 11	14	.69(b)

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
26	Access to any heating unit or surface that can become hot that is within children's reach is restricted by protective covers or barriers.					yes yes yes	5.2.1.13 5.2.1.12 5.2.1.13	11	14	.71 .92(c) .93
27	All electrical outlets in children's reach are modified or covered for shock protection.					yes	5.2.4.2	11	14	.65
28	No small objects less than 1 1/4 inches in diameter and a length less than 2 1/4 inches, balls smaller than 1 3/4 inches, toys with sharp points and edges, plastic bags, styrofoam objects, coins, rubber balloons, safety pins, marbles or other similar small objects are accessible to children who are younger than 3 years of age.					yes	6.4.1.2	11	none	.103
28a	Products and toys recalled by CPSC (Consumer Products Safety Commission) are not in use. Provider has system to keep up-to-date about product recalls. (www.cpsc.gov)					yes	5.3.1.1	11	14	.102(g)
28b	Firearms, pellet or BB guns (loaded or unloaded), darts, bows and arrows, cap pistols, or objects manufactured for play as toy guns are prohibited within the premises at any time.					yes	5.5.0.8	11	14	.79
29	The child care program is a smoke-free environment.					yes	3.4.1.1	10	13	.68
30	First Aid: The program has at least one fully equipped, readily available first aid kit for use onsite at the facility that is inaccessible to children.					yes	5.6.0.1	11	14	.75(a,b,c)
31	First Aid: The program has a separate fully equipped first aid kit for field trips that is inaccessible to children.					yes	5.6.0.1	none	none	.75(b,d)
32	First Aid: A list of "Situations Requiring Immediate Medical Attention" is posted and used by caregivers when making decisions.					no	app. P	none	none	none
33	Toxins: All cleaning and potentially toxic products are labeled and stored (except diluted bleach solution for spray application) in their original containers.					yes	5.1.1.11	11	14	.66(b)
34	Toxins: Cleaning agents are kept separate from food/medicine in cabinets and out of children's reach.					yes yes yes	5.2.9.1 5.2.9.1 5.2.9.10	11	14	.66(a)
34a	Toxic materials are used in a way that does not contaminate play surfaces, food, food preparation areas and does not constitute a hazard to the children.					yes	5.2.9.1	11	14	.66(c)
34b	Plants in any part of child care facility that is accessible to children are nontoxic.					yes	5.2.9.10	11	14	.66(d)
34c	Only arts and crafts materials that are labeled nontoxic are used in the child care facility and caregivers closely supervise all children using art materials. Art materials are properly cleaned up and stored in original, labeled containers.					yes	5.1.3.3	11, 17, 25	14,30	.66(e)
35	Adult purses/backpacks are out of reach of children.					no	5.5.0.1	11, 34	39	none
36	Room temperature is maintained at 65 - 75 degrees F during winter months and 68 - 82 degrees F during summer months. If indoor temperature exceeds 82 degrees in a child care space, a means of mechanical air circulation must be operating.					yes	5.2.1.2	1	1	.70
37	The ambient noise level does not interfere with the ability to be clearly heard and understood in a normal conversation without raising one's voice.					no	5.2.3.1	1, 12	1	none

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
38	There are no persistent moist areas on walls, floors or ceilings.					no yes	5.3.1.6 5.3.1.6	1	1	.21 .76
38a	Peeled or damaged paint or damaged plaster is not permitted on indoor or outdoor surfaces in the child care facility.					yes yes yes	6.2.5.1 5.3.1.1	1,11, 16	1,8, 14	.77
39	Air quality: There are no odors or fumes (for example, tobacco, mildew, urine/excrement, chemicals, air fresheners).					yes	5.2.1.2	1	1	.21
40	Air quality: A means of ventilation (windows or air handler) circulates fresh air where children spend more than one hour at a time.					no yes	5.2.1.1 5.2.1.2	1	1	.72 (a)(b)
41	All windows in areas used by children under 5 years of age are constructed, adapted or adjusted to limit the exit opening accessible to children to less than 3.5 inches, or are otherwise protected with guards that prevent exit by a child, but do not block outdoor light. (Windows & guards are equipped to enable staff to release the guard and open the window fully when emergency escape or rescue is required.)					yes	5.1.3.2	11	14	.72(d)
41a	Glass windows and glass door panels within 36 inches of the floor are equipped with a vision strip or other visual identification placed on glass.					no	5.1.3.4	11	14	.81
42	Children's clothing, bedding and other personal items are stored to prevent contact that spreads infectious disease.					no no	5.5.0.1 5.5.0.2	8	11	.21
43	There is a designated area (for example, sink) or container, out of children's reach, for mouthed or contaminated toys.					yes	3.3.0.2	10	none	none
44	If same sink is used by children or adults for both toileting/diapering and food related routines (including tooth brushing) or other purposes (e.g., wash toys), it is sanitized (sink and faucets) after diapering/toileting use.					yes	3.3.0.1	7, 9	12	none
45	No potty chairs used unless a potty chair is required by a child with special needs. If used, potty chairs are emptied into the toilet after each use, and then cleaned and then sanitized after each use in a sink that is not used for handwashing or food preparation.					yes no	5.4.1.7 5.4.1.7	9	12	.82(d)
Indoor Activity Areas										
Number of adults _____ Number of children _____										
Indoor staff to child ratios (# adults: # children) _____										
yes 1.1.1.2 25 30 .51 .52 .53 .54										
Review page 3 of this tool for Staff : Child ratios.										
46	Indoor climbing equipment is over surfacing that extends at least 6 feet on all sides around the structure and is documented to meet ASTM standards for observed use.					yes yes no	6.2.1.1 6.2.3.1 app. Z	11	7	.76 .102(f)
47	Indoor equipment maximum height climbing point is no more than 3 feet for 3 year olds, 4 feet for 4 year olds, 5 feet for 5 year olds.					yes	6.2.1.1	11	7	.102(g)
48	Gross motor equipment is in good repair and suitable for age and ability of children.					yes	6.2.1.1	16	8	.62(c) .102
49	Adult staff are present in all indoor areas and provide attentive direct supervision.					yes	6.2.1.1	25	29	(2)(iii) .113(a)

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
50	Supervision is at arms-length wherever children play at a level above the surface and by line of sight everywhere else.					yes	2.2.0.1	4, 11, 25	29	none
51	Staff use positive, non-punitive, age appropriate discipline methods effectively.					yes yes	9.2.1.6 2.2.0.6	28	31	.113 (b)-(e)
52	The equipment (chairs, tables, toys, toilets, sinks) provided for children is size-appropriate or adapted for them.					no yes yes	5.3.1.3 5.4.1.7 5.4.1.10	2, 9, 20	2	.82(e) .104(a)
52a	Play equipment and materials appropriate to the developmental needs, individual interests, cultural diversity and ages of the children are provided in sufficient amount and variety to avoid excessive competition and long waits for use. The play equipment facilitates the child's emotional, cognitive, communicative, perceptual-motor, physical and social development.					yes yes no no yes no	2.1.2.3 2.1.3.2 2.1.3.3 2.1.4.1 6.2.1.1 6.2.1.3	14-24	15-28	.101(a)(b)
53	If communal water play occurs, fresh potable water that is changed before children who have not been playing in the water come to the activity or freely flowing water is used. Close supervision is provided to prevent children from drinking the water.					no	6.2.4.2	21	none	.115(c)
54	Except for fish which need no special approval as long as children do not touch the inside of the aquarium, pets or visiting animals are certified by a veterinarian as suitable and receiving care necessary for contact with children. Reptiles and amphibians are not allowed as classroom pets.					no no no	3.4.2.1 3.4.2.2 3.4.2.3	none	none	.118 (a)(b)(c)
55	An up-to-date Emergency Information Form (EIF) is kept on file for any child with special healthcare needs.					no no	9.4.2.2 app. BB	none	none	.124(b) (5)
56	A Special Care Plan, IEP or IFSP is available, used for planning and carrying out care, and kept on file for any child with special healthcare, developmental or behavioral needs.					yes no yes no yes	1.4.2.2 9.4.2.2 9.4.2.4 8.4.0.3 8.4.0.4	32	37	.4 (i) -(iii), .17
56a	Community resource lists for the family of a child who may have special needs are available for parents and staff persons.					yes no	1.4.2.2 9.4.1.19	32	37	.17(c)
57	Reasonable and accessible accommodations are made for facility entrance, class-room(s) and bathrooms for children and adults with special needs.					yes no	1.4.2.2 5.3.2.2	1	1, 37	.17 (a)
58	Children with special needs have adaptive furniture, equipment, supplies and program modifications (if needed).					yes yes no	1.4.2.1 1.4.2.2 5.3.2.2	1, 9, 16, 32	2, 37	.17(a) .101 .104(a)
Medications: Do any children receive medications at the program?										
_____ Yes - continue with questions # 59-63.										
_____ No - skip to question # 64.										
59	Medications are labeled with the child's name.					yes	3.6.3.2	10	14	.133(3)
60	Medications are stored inaccessible to children, in locked areas where practical, in their original and child resistant container, in a location specified by the manufacturer, prescriber or pharmacy and separated from food.					yes	3.6.3.2	10	14	.133(1)(4)(5)
61	Medications are labeled with a date that shows it is not expired.					yes	3.6.3.2	10	none	none

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
62	Medications are accompanied by administration instructions provided by the prescribing health professional and parent consent for administration in the child care program.					yes	3.6.3.2	10	none	.133(2)(6)
63	Medications are given in a location away from other children, administered by someone who knows the child, with documentation for each dose of: name of the child, amount given, name of medication, route used (eg. oral) and date/time given.					yes yes	3.6.3.2 3.6.3.3	none	none	.133(7)
Diets										
64	The names of children with special dietary needs and a description of their needs (including specific food allergies) are posted in all areas where an affected child may be offered food.					yes	4.2.0.10	7	10	.133(8)
65	Food/beverage substitutions made in case of allergies meet the nutrient combination of the food/beverages they replace.					yes	4.2.0.8	7	10	none
Hand Hygiene										
66	Correct handwashing procedures per <i>Caring for Our Children</i> are posted at all handwashing sinks, including food preparation and art sinks.					no	9.2.3.10	none	none	.82(h)
67	Children's handwashing sink(s) are at child's level or accessible by a sanitary safety step.					yes yes	5.4.1.10	9	12	.104(a)
68	Staff wash their hands with liquid or foam soap and running water correctly after each <i>toileting/diapering</i> of children, or use alcohol-based hand sanitizer correctly.					yes yes	3.2.2.1 3.2.2.2	9	12	.82(h)
69	Staff wash their hands with liquid or foam soap and running water or use alcohol-based hand sanitizer correctly before <i>food preparation and/or service</i> .					yes yes	3.2.2.2 4.9.0.2	7	10	.152
70	Children practice correct hand hygiene after each toileting/diapering/soiled underwear change by washing, or (> 24 months of age) by closely supervised use of alcohol-based hand sanitizer.					yes	3.2.2.1	9	12	.134(a)(d)
	Total # of children observed after toileting/diapering. _____									
	# of children observed washing correctly. _____									
71	All children wash their hands, have their hands washed or (> 24 months of age) have closely supervised use of alcohol-based hand sanitizer correctly <i>before</i> eating.					yes	3.2.2.1	7	10	.134(a)
	Total # of children observed before eating. _____									
	# of children observed washing correctly. _____									
72	Staff practice correct hand hygiene: upon arrival into classroom, upon re-entering classroom after being outside, after dealing with bodily fluids, after touching contaminated surfaces.					yes	3.2.2.1	10	13	.152
73	Children practice correct hand hygiene: upon arrival into classroom, after being outside, before water play or after messy play, after dealing with bodily fluids, after touching contaminated surfaces.					yes	3.2.2.1	10	13	.134(a)
74	All children practice correct hand hygiene <i>after</i> eating.					yes	3.2.2.1	7	10	none
	Total # of children observed after eating. _____									
	# of children observed washing correctly. _____									

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
Food Preparation/Eating/Sanitation										
75	All meal and snack menu plans meet the Child and Adult Care Food Program (CACFP) guidelines regardless of the facility's enrollment in the CACFP.					no	4.2.0.3	7	10	.163 .164
76	All perishables, including food brought from home (for example, meat, fish, poultry, milk, bottles or formula/breast milk, eggs) are discarded if left out of the refrigerator for more than two hours.					no	4.9.0.4	7	none	.161(a)
77	Any milk remaining in a bottle or cup (infant formula, human milk or other milk) or juice that has been fed to a child is discarded if not consumed by the child within an hour.					yes yes	4.3.1.3 4.3.1.5	7	none	.161(c)
78	Food preparation areas are separate from the eating and play areas.					yes yes	5.2.2.1 5.1.2.1	7	10	none
79	Food preparation and eating areas, including counters and tabletops are cleaned before and after food preparation and meals. Floors are swept before meals if needed and swept/cleaned after food preparation and meals. Counters/tabletops are sanitized after cleaning.					yes yes	3.3.0.1 4.8.0.3 app. K	7	10	none
80	Food preparation areas are separate from the toilet, bathroom and diaper-changing areas.					yes yes yes	4.8.0.1 5.4.1.2 5.4.2.4	7	12	.82(f)
81	Refrigerators and freezers have a thermometer and are maintained at a temperature equal to or less than 40 degrees F. for refrigerators and 0 degrees F. for freezers.					no yes	4.8.0.6 4.9.0.3	7	none	.107
82	Children under 4 years old do not have food that causes choking, even if brought from home (for example, nuts, popcorn, candy, whole grapes, hot dog rounds, chunks of meat, spoonfuls of peanut butter, raw carrots).					yes	4.5.0.10	11	none	none
83	A current weekly menu of all food and beverages served in the program is posted and/or sent home.					yes	9.2.1.4	7	10	.165
84	Clean, sanitary drinking water is available indoors and outdoors for all children throughout the day.					yes	4.2.0.6	7	none	.69(a) (c)(d)
85	Only 100% juice is offered and no more than 4 ounces per day to any child.					no	4.2.0.7	none	none	none
86	All foods brought from home to be shared are either whole fruits or commercially prepared packaged foods in factory-sealed packages that are labeled with the ingredients and safe date for use.					no	4.6.0.1	none	none	none
Oral Health										
87	Facility has dentist's name, address and phone number on file for each child.					no	9.2.3.6	none	none	none
88	Facility has resource based list available of contact information for dentists willing to treat children.					yes	9.4.1.6	33	38	none
89	Facility provides information about fluoride content of the drinking water in the facility to parents when the child is enrolled.					yes	3.1.5.3	none	none	none
90	Enrollment documents note the need for referral of children to personal doctor/dentist to determine if fluoride supplements are necessary.					yes	3.1.5.3	none	none	none
91	Toothbrushes are labeled with the child's name and stored to avoid contamination.					no no	3.1.5.2 5.5.0.1	10	13	.134(e)(f)
92	If toothpaste is used, caregivers provide a pea-sized amount to a child over 3 years of age and a smear to a younger child.					yes	3.1.5.1	10	13	none
93	All children (over age 35 months) brush their teeth or have their teeth brushed at least once a day. Caregivers monitor all toothbrushing and assist as needed.					yes	3.1.5.1	10	13	none

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
94	Children under 36 months of age who have teeth have gums and/or teeth wiped with a disposable cloth or gauze, or brushed by a caregiver at least once a day.					yes	3.1.5.1	10	none	none
95	Caregivers watch for signs of tooth decay (lines, chalky spots, dark spots or stains on teeth) to alert parents about needed dental care.					yes	3.1.5.1	none	none	none
96	When toothbrushing is not possible, children have a drink of water to rinse their mouths.					yes	3.1.5.1	none	none	none
97	Children are not permitted to walk around with a bottle or a sippy cup.					no yes	4.2.0.7 4.3.1.8	7	none	none
98	Children do not lie down with a bottle or a sippy cup.					yes	4.3.1.8	7	none	none
99	Age appropriate educational activities are included in the early learning curriculum to promote oral health.					yes	3.1.5.3	none	none	none
OUTDOOR										
Number of adults _____ Number of children _____										
Outdoor staff to child ratios (# adults: # children) _____										
100	Children participate outdoors almost every day (weather permitting as referenced in CFOC Standard 3.1.3.2 Playing Outdoors or the National Weather Service website at http://www.nws.noaa.gov/om/windchill/index.shtml for wind chill and http://www.nws.noaa.gov/om/heat/index.shtml for heat index), are dressed for the weather and correct sun protection is used.					yes	3.1.3.2	10, 16	13	.114
100a	Children are dressed for the outdoor conditions including wind, temperature, sun and insect protection by clothing and sun screen.					yes	3.1.3.2	10	13	none
101	Staff are stationed where the children are visible to them, and staff are attentive to the children's play in designated use zones within contained play areas.					yes yes no	2.2.0.1 6.2.1.1 6.1.0.5	11, 25	14, 29	.113(a), .115(a) (5)(6), .115(b)(1)
102	Equipment for active play fosters moderate to strenuous physical activity and equipment is appropriate for the youngest users. If a variety of equipment for active play is available, staff direct children to equipment appropriate for their age and provide age appropriate, attentive supervision.					no	6.2.1.3	16	8	.101(a)(b) (c)(6), .102(g)
103	Outdoor areas are maintained and are clean and safe; no trash, broken equipment, sharp objects, splinters, glass, animal excrement present.					yes yes	5.3.1.1 5.7.0.2	11	14	.62(c)(d) .76 .102
104	Helmets are worn by all children when riding bicycles, tricycles or other riding toys/equipment.					no yes	6.4.2.1 6.4.2.2	none	none	none
105	Outdoor stationary playground equipment is stable and set in secure concrete settings. Equipment does not wobble or tip when shaken.					no no no	6.2.1.3 6.2.1.4 6.2.1.6	11	14	.102(c)
106	All pieces of outdoor playground equipment are over 9 or more inches of impact-absorbing particulate material or manufactured solid surfaces, loose fine sand, wood chips, mulch or approved rubber mats.					yes yes no	6.2.1.1 6.2.3.1 app. Z	11	7	.102b- SOP .102(c) .233
107	Impact-absorbing surfaces (fine sand, woodchips, mulch or approved mats) under outdoor playground equipment extend at least 6 feet beyond the perimeter of the equipment for <i>Preschool-age</i> and <i>School-age</i> children.					yes yes	5.3.1.1 6.2.3.1	11	7	.102b- SOP .102(c) .233
108	The use zone, the area under and around equipment where impact-absorbing surfacing is required, is a minimum of 3 feet for <i>Toddler</i> play areas in early learning programs.					yes	5.3.1.1	none	none	.102b- SOP .102(c) .233
109	Loose fill surfacing material is avoided for playgrounds intended for toddlers.					yes yes	6.2.1.1 6.4.1.2	11	none	.102(b) .102(c)(e) .103 .102(g)

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
110	All fixed outdoor playground equipment has a minimum of 6 feet clearance space from walkways, buildings and other structures that are not used as part of play activities.					yes yes	5.3.1.1 6.2.2.3	11	7	.102b- SOP .102(c) .233
111	The outdoor play area is enclosed with a fence or natural barrier that restricts intrusion of strangers and animals while children are playing.					no no	5.1.1.5 6.1.0.8	11	7	.63
112	Outdoor fences/barriers have at least two exits.					no	6.1.0.8	none	none	none
113	Outdoor fences/barriers have self-closing gates with self-latching mechanisms that cannot be opened by children or otherwise managed to prevent children from leaving unnoticed.					no	6.1.0.8	11	14	none
114	Openings on outdoor playground equipment, fences and handrails are either less than 3 1/2 inches or greater than 9 inches wide.					no yes	6.1.0.8 6.2.1.9	11	14	.102(g)
115	Outdoor equipment maximum climbing height point is no more than 3 feet for 3 year olds, 4 feet for 4 year olds, 5 feet for 5 year olds.					yes	6.2.1.1	11	8	.102(g)
116	Gross motor equipment is warranted by the manufacturer to meet ASTM/CPSC standards for the age and ability of the child users as installed and is in good repair.					no	9.4.1.9	1, 11	8	.102(c) .102(g)
117	Staff control the number and ages of children allowed to play on any equipment or in any area to prevent child-to-child injury.					yes	2.2.0.1	11, 25	14, 29	.113 (a)(1)
Nap/Rest										
118	Clean individual rest/sleeping equipment and supplies are used for each child less than 6 years of age who spends more than 4 hours per day at the facility. Cribs are provided for infants; low beds, cots or mats for toddlers and preschool-age children.					no	5.4.5.1	8	11	.106(a)-(e) .106(i)(j)
119	Cots/mats/cribs covered with material that is easy to wash and sanitize, are washed at least weekly, and sanitized between users.					no	5.4.5.1	8	11	.106(g)
120	All cots/mats/cribs are at least 3 feet apart or separated by a solid barrier that is sufficient to prevent the flow of air from one child to another without dilution in the general room air.					no	5.4.5.1	8	11	.61 (h)(1), .106(f)
121	Item moved to location 28a.									
INFANT/TODDLER (I/T) SUBSECTION										
This section is to be completed by programs that have children 0 - 35 months of age. If the program does not have children 0-35 months of age, please note this and go to the end of the H&S Checklist to complete items 161 - 167.										
I/T General										
122	Toys and objects have diameters equal to or greater than 1 1/4 inches and lengths equal to or greater than 2 1/4 inches.					yes	6.4.1.2	11	N/A	.103
123	Staff observe proper body mechanics when lifting and picking up children and heavy loads (for example, bend at knees, load close to body, no twisting, push don't pull, get help for heavy loads).					no	5.3.1.7	9	N/A	none
124	No infant walkers or other products/toys recalled by the Consumer Product Safety Commission (CPSC) are present.					yes yes	5.3.1.1 5.3.1.10	11	N/A	.102(g)
125	Open physical space provided indoors for active physical play much of day. Equipment such as swings, infant seats or car seats are not used to confine children for more than 30 minutes to any space that restricts active physical movement.					no	6.1.0.2	16	N/A	.112 .113(e)

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
I/T Diapering and Toileting										
This section is to be completed on children 0 - 35 months of age who are in diapers or pull-ups. If the program does not have children this age who are in diapers or pull-ups, please note this on the H&S Checklist and skip to the I/T Food Preparation/Eating section (items 141 - 148).										
126	Staff check diapers for wetness and feces at least hourly, visually inspect at least every 2 hours and whenever child exhibits behavior suggesting need for a diaper change. When found to be wet or soiled, diapers are changed promptly.					no	3.2.1.3	9	N/A	.135(e)
127	A complete and accurate diaper-changing protocol is posted in diaper-changing area(s) that includes the items 128-133, 137-140 to be observed below.					yes	3.2.1.4	none	N/A	none
128	A clean, disposable non-absorbent liner that reaches from the child's shoulders to the child's feet is used on the diaper-changing surface with each diapering.					yes	3.2.1.4	9	N/A	none
128a	Staff remove all necessary clothing including shoes before diapering to avoid contaminating them.					yes	3.2.1.4	9	N/A	none
129	Staff remove soiled diapers to minimize contamination of the environment, the child and the provider.					yes	3.2.1.4	9	N/A	none
130	Any soiled clothes (not disposable diapers) are placed in a plastic bag after changing and stored in the child's cubby for parent pick-up.					yes	3.2.1.4	9	N/A	.135(a)(1)
131	Soiled diapers are disposed of directly into a covered, plastic-lined, hands-free receptacle.					yes yes	5.2.7.4	9	N/A	.67(d) 135(a)(3)
132	Clean diapers and clothing are put on the child without contaminating them.					no	3.2.1.4	none	N/A	none
133	Staff always keep one hand on the child during diapering.					yes	3.2.1.4	9	N/A	none
134	Disposable gloves are available in the diaper-changing area(s).					yes	3.2.1.4	9	N/A	none
135	Diaper-changing surfaces are at adult height, in good repair and sturdy.					no yes yes	5.3.1.1 5.4.2.5 5.4.2.6	9	N/A	.104(a)
136	Diaper-changing surfaces are water-resistant, non-absorbent and smooth.					yes yes	5.4.2.5 5.4.2.6	9	N/A	.104(a)
137	After each use, diaper-changing surfaces are cleaned (if visibly soiled), sanitized and allowed to air dry or wiped dry after the contact time required for the particular sanitizer being used (2 min for household bleach 1:64 made fresh daily).					yes no yes	3.2.1.4 3.3.0.1 5.4.2.6 app. K	9	N/A	.135(b)
138	Children less than 36 months of age, wash or have their hands washed by a staff person with liquid or foam soap and running water correctly (for infants, with a paper towel moistened with dilute soapy water) after diapering/toileting. The source of running water is present in the infant/toddler classroom. If alcohol based hand sanitizers are used, they are used correctly (>24 months of age)					yes	3.2.1.4 3.2.2.1	9	N/A	.82(h)(j) .134(a)
139	Saved for later use									
140	Staff wash their own hands with liquid or foam soap and running water correctly after each diaper check and each diapering/toileting of a child. Running water is present in the infant/toddler classroom. If alcohol based sanitizer is used, it is used correctly.					yes yes yes	3.2.1.4 3.2.2.1 3.2.2.2	9	N/A	.82(h)(j) .152

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
I/T Food Preparation/Eating										
141	Bottles with formula or human (breast) milk stored in them are labeled with the individual child's name and dated within two days of the observation visit.					yes	4.3.1.5	7	N/A	.166(4)
142	Formula is brought to the facility in factory-sealed containers either as powder or liquid.					no	4.3.1.5	none	N/A	none
143	Human (breast) milk in the freezer is labeled with the individual child's name and dated within three months of the observation visit.					yes	4.3.1.5	7	N/A	none
144	Teaching staff who are familiar with the infant feed the child whenever the child seems hungry (on demand feeding by a primary caregiver).					no	4.3.1.2	7, 37	N/A	none
145	If bottles, bottle caps or nipples are reused, they are washed in a dishwasher or washed, rinsed and boiled for one minute.					yes no	4.3.1.5 4.3.1.10	7	N/A	.166(3)
146	Human (breast) milk is thawed under running cold water or in the refrigerator, and warmed in water no warmer than 120 degrees F., not heated in the microwave or in boiling water.					yes	4.3.1.5	7	N/A	none
147	Infant foods and formula are not heated in a microwave oven. If warmed, heated in water no warmer than 120 degrees F. Unless the entire contents will be used for the feeding, not fed from the container.					yes no	4.3.1.9 4.3.1.12	7	N/A	.166(7)
148	Infants too young to sit up are held by an adult while being fed, and infants able to sit up and toddlers eat sitting up.					yes no	4.3.1.8 4.5.0.3	7	N/A	.166(5)
I/T Sleeping/Napping										
149	Cribs are manufactured in U.S. as infant sleeping equipment made of wood, metal or plastic and have a firm mattress that fits snugly into the frame so no more than two fingers can fit between mattress and crib.					yes yes	5.4.5.2 3.1.4.1	8, 11	N/A	.102(g) .106(a)
150	Cribs have secured latching devices and are used with the drop side up; slats are spaced no more than 2 3/8 inches apart.					yes	5.4.5.2	11	N/A	.106(d)
151	Cribs do not have corner post extensions over 1/16 of an inch and do not have cutouts in the head or footboards.					yes	5.4.5.2	none	N/A	.102(g)
152	Cribs are placed at least 3 feet apart unless solid barriers/screens that interfere with air flow between children separate them. Screens/solid barriers do not hinder observation of children by staff or access to child in an emergency.					no	5.4.5.1	8	N/A	.61 (h)(1)(i), .106(f)
153	All infants under 12 months of age are put to sleep on their backs.					yes yes	3.1.4.4 3.1.4.1	8, 11	N/A	.119
154	No soft bedding (pillows, bumpers, loose blankets, comforters, quilts, sheepskins, or loose objects (e.g., stuffed toys) are accessible to children under 12 months in their sleeping area(s). If a blanket is used for warmth, it is tucked securely so it cannot cover other items away the baby's face.					yes	3.1.4.1	8	N/A	.106(j)
155	Infants for whom blankets are used are placed in the crib in a "feet to foot" position, tucking the blanket to reach no higher than the infant's chest with the infant's feet against the crib bottom. The end of the crib where the child's feet are placed is changed week to week so the infant's head is less likely to develop flat spots from the infant's tending to orient toward light or sound in one direction.					yes	3.1.4.1	none	N/A	.119
156	Infant is dressed in clothing that does not let the infant overheat during sleep.					yes	3.1.4.1	none	N/A	.119
157	The infant's head is always uncovered and observable during sleep.					yes	3.1.4.1	8	N/A	.119

		C	P	N	O	SS	CFOC	ITERS	ECERS	PA 3270
158	With parent's consent, a clean, dry pacifier, without a string or ribbon attached, is given to the infant to suck when put down to sleep. The baby is not forced to take the pacifier nor is the pacifier reinserted once infant falls asleep.					yes	3.4.6.1	none	N/A	.119
159	Infants sleep only in commercially designed sleep equipment. Sleeping in swings/car seats/infant seats is not permitted.					yes	3.1.4.1	8	N/A	none
160	Caregivers give direct visual supervision when infants are sleeping, glancing at them at least once about every 5 minutes.					yes	2.2.0.1	8, 25	N/A	none
Leadership and Management										
161	Program has written health and safety policies as specified in <i>Caring for Our Children</i> that are reviewed at least annually with staff and parents.					yes	1.4.2.1	33	38	.27
162	Program obtains information that ensures up-to-date status of each child's immunizations and periodic preventive health assessments including screening evaluations as recommended by the American Academy of Pediatrics (AAP) as well as documentation of any special health care needs and instructions for special care.					yes	9.2.3.4	none	13	.131(d)(5)
162a	Adult staff and volunteer health records and policies demonstrate that the facility has addressed health issues that could affect the ability of adults to perform their roles in the facility.					yes yes no no yes yes no	1.7.0.1 1.7.0.2 7.2.0.3 5.3.1.7 7.3.10.1 7.6.3.2 app. E	none	none	none
163	Program has and uses the results of a Health and Safety Checklist for routine surveillance and preventive action at least monthly (see Appendix 3 of <i>Healthy Young Children</i> (NAEYC) or Appendix Q of <i>Model Child Care Health Policies</i> (PA AAP, ECELS).					no	MCCHP app. Q	none	none	none
164	Program's practices for exclusion and inclusion of children who are ill match the current recommendations of the American Academy of Pediatrics in <i>Managing Infectious Diseases in Child Care and Schools</i> (check URI, fever, conjunctivitis, diarrhea).					yes	9.2.3.2	none	none	.136 .137
165	Incident/injury reports are used and routinely reviewed on at least a quarterly basis that document when an injury or incident occurs that requires emergency responder, first aid, or medical attention, or if a serious breach in supervision of a child occurs including a child is lost or missing, is left behind on a facility excursion, or is left unattended at the facility. Copies of such reports go to the family or injured adult, to the individual's file at the facility, to an injury log/file, and if required, to the Department of Public Welfare.					no	9.4.1.9	none	none	.20a SOP .20 (a)(f)
166	Program has and follows an Oral Health Policy that includes the following elements: fluoride content of water at the facility, contact information for each child's dentist, resources for children who lack a dentist, implementation of daily toothbrushing or rinsing the mouth with water, appropriate sippy cup and bottle use at naptime and during the day, promotion of healthy foods per the Child and Adult Care Food Program, early identification of tooth decay, age appropriate oral health educational activities, and a plan for handling dental emergencies.					no	none	none	none	none
167	Program has and follows a Safe Sleep Policy consistent with the current recommendations of the American Academy of Pediatrics (as described at www.healthychildcare.org) that addresses sleep positioning, pacifier use & maintenance, sleep environment, supervision of infants during sleep, and education of staff related to infant sleeping and SIDS prevention.					no	none	none	N/A	.119

APPENDIX A

REFERENCES:

American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care and Early Education. 2011. *Caring for Our Children: National Health and Safety Standards; Guidelines for Early Care and Education Programs*, 3rd Edition. Washington, DC: American Public Health Association. Also available at <http://nrckids.org>.

American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care. 2003. *Stepping Stones to Using Caring for Our Children : National Health and Safety Standards: Guidelines for Out-of-Home Child Care Programs*. Second Edition. Washington, DC: American Public Health Association.

Harms, Thelma, Richard Clifford, and Debby Cryer. (1998) *Early Childhood Environment Rating Scale - Revised Edition* . New York: Teachers College Press.

Harms, Thelma, Debby Cryer, and Richard Clifford. (2003) *Infant / Toddler Environment Rating Scale - Revised Edition* . New York: Teachers College Press.

Pa. Code Title 55. Public Welfare, Part V. Children, Youth and Families Manual, Subpart D. Nonresidential Agencies, Facilities and Services, Article I. Licensing/Approval, Chapter 3270. Child Day Care Centers, as published at <http://www.pacode.com/secure/data/055/chapter3270/chap3270toc.html> accessed 1/26/2010.

SOP - Statement of Policy 3270

CENTER NAME: _____ CENTER # _____

CCHC NAME: _____

HEALTH AND SAFETY CHECKLIST

STRENGTHS	AREAS TO IMPROVE