


NQS-QA2 Children’s Health and Safety Policy	
Policy Number:	12.32
Policy Category:	Childcare Centre
Authorised by:	Res-2026-05-134
Date approved:	21 May 2026
Review Date:	21 May 2028



**Longreach
Regional Council**

SCOPE

This policy, and its related procedures and tools, apply to the Approved Provider, Nominated supervisor, all team members, children, parents, students, volunteers, contractors, suppliers and any visitors to our service.

If this policy, or its related procedures/tools. are not followed or implemented, it may result in disciplinary action being taken, which could include the termination of employment for staff, refusal of service for clients, and / or the ending of contractual agreements with suppliers and individuals outside of our service.

INTRODUCTION

Our centre is committed to ensuring the health, safety and wellbeing of all of the children in our care. In order for children to thrive, they must have a safe, healthy and supportive environment; this policy and its related procedures and tools, details our dedication to ensuring this, and provides clear direction and guidance to all stakeholders regarding how we are going to achieve this.

This policy relates to the National Quality Standard (NQS) Quality Area 2: Children’s health and safety.

POLICY STATEMENT

CHILDREN’S WELLBEING

- The wellbeing of children refers to their social, emotional, physical, and mental health, growth and development. These aspects of a child’s wellbeing are critical for their life now, and in the future.
- Our educators establish strong relationships with children, which enables them to plan and implement relevant, meaningful and positive learning experiences and environments for those children. These positive and engaging learning experiences and environments are vital for supporting and promoting each child’s wellbeing.
- We strive to always work with families and the community to ensure the needs of children are met, respected, and considered when planning our approaches to providing care and learning opportunities.

SAFE LEARNING ENVIRONMENTS

- In order for children to learn, grow and develop, they must feel, and be, safe.

- We follow all of the regulatory and compliance requirements related to health and safety, and these are well-documented in our procedures.
- We are committed to, and continually engage, in risk assessment and management.
- It is important to include and involve children in the creation of a safe learning environment, and we do this by including them, where possible, in risk assessment, and the management and implementation of safety procedures.
- We are committed to ensuring that effective sun safe practices are embedded in the day-to-day life of our service.

SAFE SLEEP AND REST ENVIRONMENTS

- The Education and Care Services National Regulations requires approved providers to ensure their services have policies and procedures in place for children's sleep and rest.
- Our *QA 2 Sleep, rest and relaxation procedure* provides all stakeholders with the information they need to support children's needs for sleep and rest while attending the service.
- There is now much research available to inform decisions about safe sleeping environments, including research that identifies poor sleep procedures and inadequate supervision as risk factors, which can result in, or contribute to, serious harm to young children.
- All children need rest and sleep for their wellbeing and health, and this is an area of service policy and procedure that our service very carefully considers, monitors and actively reviews to ensure risks are appropriately addressed at all times.
- We value feedback from families and ensure that our policies, procedures, practices and decisions are based on the most up to date advice from recognised authorities, such as Red Nose Australia.

FIRST AID, INJURIES, INCIDENTS, AND ILLNESSES

- Injuries, incidents and illnesses do occur in early childhood settings.
- Our staff are aware of their limitations, and if in doubt, will seek the advice and guidance of emergency and medical professionals.
- All of our staff are trained in first aid, CPR, and anaphylaxis and asthma management.
- All incidents and illnesses are recorded accurately and in a timely manner, with those incidents and illnesses deemed 'serious' as per the Regulations, reported to the Regulatory Authority.
- Incidents are regularly reviewed and analysed to identify staff training needs, and appropriate risk minimisation and mitigation strategies.
- We have clear emergency and evacuation procedures and plans to follow and we ensure all staff, and the children, are engaged in regular drills.

HYGIENE PRACTICES

- We implement consistent infection control, and cleaning and hygiene practices, as per the advice from the National Health and Medical Research Council, which is detailed in *Staying healthy in childcare*.

- We work to develop children’s knowledge and self-help skills around hygiene practices, and view times such as hand washing before lunch, or after gardening, as key learning experiences.
- We follow best practice guidelines in relation to food handling and storage.

PROMOTING A HEALTHY, ACTIVE LIFESTYLE

- Our program encourages and supports children to understand the benefits of eating nutritious foods, moving their bodies regularly, and taking care of their overall health.
- At meal time we support children to understand the benefits of eating nutritious foods, build their self-help skills, understand and celebrate different cultural traditions and practices that relate to foods, and the importance of being aware and mindful of other peoples food allergies.
- We provide many opportunities for children to move their bodies in a variety of different ways. We take a child’s abilities, developmental stage, culture, needs, personality, and interests into account when planning and offering movement experiences.

CAPABLE AND CONFIDENT

- It is vital that all of our staff feel confident and capable of implementing all of the procedures that are in place to promote and maintain a safe and healthy centre environment.
- We provide, or enable access to, relevant and required training at key times throughout employment.
- If staff do not feel confident or capable, we support and encourage them to share this with their manager so that they can be provided with relevant training and guidance.
- It is critical that families feel confident in our staff’s skills and abilities to care for and educate their child in a safe and healthy environment. We encourage and welcome all and any questions, or feedback from families, or the wider community, in relation to the health and safety of our centre.

RELATED POLICY DOCUMENTS

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| ● All QA 2 Children’s Health and Safety procedures | ● QA 4 Students, volunteers, and visitors procedure |
| ● QA 2 Child Protection Policy, and its related procedures | ● QA 4 Workplace health and safety procedure |
| ● QA 3 Physical Environments policy and related procedures | ● QA 7 Governance and leadership policy |
| ● QA 4 Staff code of conduct procedure | ● QA 7 Grievance and complaints procedure |

DEFINITIONS AND ACRONYMS

Emergency – a serious, unexpected, and often dangerous situation requiring immediate action.

Incident – an event or occurrence with an adverse outcome.

Program – the documentation showing children’s educational goals, the learning opportunities that are provided by our Educators to achieve these, and the related Educator practices to support learning.

Wellbeing – being comfortable, healthy, or happy.

Authorised by resolution as at 21 May 2026:



Brett Walsh
Chief Executive Officer

ACKNOWLEDGEMENTS, REFERENCES, AND RESOURCES

ACECQA. (2019). *Education and Care Services National Law Act (2010)*. Retrieved 20 April, 2018 from [National Law | ACECQA](#)

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ACECQA. (2024). *Guide to the National Quality Framework*. Accessed 25 September 2024 from [GUIDE TO THE NATIONAL QUALITY FRAMEWORK](#)

Centre on the Developing Child Harvard University. (2019). *Early childhood mental health*. Retrieved 24 April, 2018 from [Early Childhood Mental Health](#)

Food standards Australian New Zealand (2017). *Food Standards Code*. Retrieved 23 April, 2018 from [Food Standards Code](#)

Kidsafe: Child Accident Prevention Foundation of Australia (2017). Retrieved 23 April, 2018 from [Kidsafe Australia](#)

National Health and Medical Research Council (2024). *Staying healthy: preventing infectious diseases in early childhood education and care services (6th ed)*. Accessed 25 September 2024 from [Staying Healthy - NHMRC](#)

UNICEF. (2019). *United Nations Convention on the Rights of the Child*. Retrieved 20 April, 2018 from [Convention on the Rights of the Child | UNICEF](#)

LINKS TO STANDARDS AND REGULATIONS

This policy relates to the National Quality Standard (NQS) Quality Area 2: Children’s health and safety.

Standard/ Elements	Concept	Descriptor
QA2		Children's health and safety
2.1	Health	Each child's health and physical activity is supported and promoted
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's need for sleep, rest and relaxation.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
2.2	Safety	Each child is protected
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practised and implemented.
2.2.3	Child protection	Management, Educators and staff are aware of their roles and responsibilities to identify and respond to every child at risk of abuse or neglect.

This policy relates to the following law and national regulations:

Section 51(1)(a) Conditions on service approval (safety, health and wellbeing of children)

Section 51(1)(b) Conditions on service approval (educational and developmental needs of children)

Section 162A Persons in day-to-day charge and nominated supervisors to have child protection training

Section 165 Offence to inadequately supervise children

Section 166 Offence to use inappropriate discipline

Section 167 Offence relating to protection of children from harm and hazards

Section 168 Offence relating to required programs

Section 170 Offence relating to unauthorised persons on education and care service premises

Section 171 Offence relating to direction to exclude inappropriate persons from education and care premises

Section 174 Offence to fail to notify certain information to Regulatory Authority

Regulation 77 Health, hygiene and safe food practices

Regulation 78 Food and beverages

Regulation 79 Service providing food and beverages

Regulation 80 Weekly menu

Regulation 82 Tobacco, drug and alcohol free environment

Regulation 83 Staff members and family day care Educators not to be affected by alcohol or drugs

Regulation 84 Awareness of child protection law

Regulation 84A Sleep and rest

Regulation 84B Sleep and rest policies and procedures

Regulation 84C Risk assessment for purposes of sleep and rest policies and procedures

Regulation 84D Prohibition of bassinets

Regulation 85 Incident, injury, trauma and illness policies and procedures

Regulation 86 Notification to parents of incident, injury, trauma and illness

Regulation 87 Incident, injury, trauma and illness record

Regulation 88 Infectious diseases

Regulation 89 First aid kits

Regulation 90 Medical conditions policy

Regulation 91 Medical conditions policy to be provided to parents

Regulation 92 Medication record

Regulation 93 Administration of medication

Regulation 94 Exception to authorisation requirement – anaphylaxis or asthma emergency

Regulation 95 Procedure for administration of medication

Regulation 96 Self-administration of medication

Regulation 97 Emergency and evacuation procedures

Regulation 98 Telephone or other communication equipment children)

Regulation 99 Children leaving the education and care service premises

Regulation 100 Risk assessment must be conducted before excursion

Regulation 101 Conduct of risk assessment for excursion

Regulation 102 Authorisation for excursions

Regulation 103 Premises, furniture, and equipment to be safe, clean and in good repair

Regulation 104 Fencing

Regulation 105 Furniture, materials and equipment

Regulation 106 Laundry and hygiene facilities

Regulation 107 Space requirements - indoor space

Regulation 110 Ventilation and natural light

Regulation 115 Premises designed to facilitate supervision

Regulation 155 Interactions with children

Regulation 156 Relationships in groups

Regulation 161 Authorisations to be kept in enrolment record

Regulation 162 Health information to be kept in enrolment record

Regulation 168 Education and care services must have policies and procedures

Regulation 170 Policies and procedures to be followed

Regulation 171 Policies and procedures to be kept available

Regulation 172 Notification of change to policies and procedures

Regulation 177 Prescribed enrolment and other documents to be kept by Approved Provider

Regulation 183 Storage of records and other documents

Additional state/territory requirements: In addition to complying with the National Quality Framework, approved providers, Educators and other staff may be required to report on incidents or suspected incidents involving children under other state and territory laws including child protection legislation

DOCUMENT CONTROL

Version	Date Reviewed	Modifications	Next Policy Document Review Date	Role responsible for review
1.1	June 2022	Updated format and increased readability	Q2, 2024	SPI Team
1.2	October 2023	Updated with a new section regarding safe sleep in response to regulatory changes	Q2, 2024	SPI Team
1.3	Sept 2024	Reviewed. Updated links.	Q3, 2026	Policy Manager