# A screen shot of a computer Description automatically generatedSafe and Healthy diapering in Childcare safety talk

When working in infant and toddler rooms, an essential part of the job is changing diapers. This task should be done mindfully and, in a way to reduce the spread of germs.

*When performing diaper changing duties consider the following:*

* Always wear gloves while changing diapers
* Wash hands after each diaper change
* Sterilize changing tables after each diaper change
* Keep disinfectants out of the reach of children
* Never leave a child alone on a changing table
* Have diapers and wipes ready and gloves on before placing children on changing tables
* If children are mobile, changing tables should have steps to allow them to climb on and off the table to avoid lifting
* Changing tables should be at heights where adults can comfortably use them
* Keep all changing items within easy reach
* When changing is complete, remove gloves and wash hands thoroughly

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