



STEP ONE: Get organized

Gather what you will need: changing table paper (if used), fresh diaper and clean clothes, wipes removed from the container, plastic bag for soiled clothes, disposable gloves (if using), and a dab of diaper cream on a disposable piece of paper or tissue if cream is being used. Place these items near, but not on the diaper changing surface.



STEP TWO: Take the child to the changing table

Keep soiled clothing away from you and other surfaces that can not be sanitized. Always keep a hand on the child. Remove the child's shoes and socks if the child's feet cannot be kept out of the diaper (so that they aren't contaminated by stool or urine). Put soiled clothing in a plastic bag to be sent home with the child.



STEP THREE: Clean the child's diaper area

Place the child on the diaper change surface and unfasten the diaper but leave the soiled diaper under the child. Lift the child's legs to use disposable wipes to clean the child's genitalia and buttocks. Remove stool and urine from front to back using a new wipe each time. Put soiled wipes into the soiled diaper or a plastic bag.



STEP FOUR: Dispose of diaper

Place soiled diaper/wipes into a lined, hands-free covered can. If cloth diapers are used, put the soiled cloth diaper in a plastic bag or into a plastic lined, hands-free covered can to give to parents or laundry service. If gloves were used, remove them using the proper technique and dispose of in the manner above. Use a wipe to clean your hands then use another wipe to clean the child's hands. Throw soiled wipes into a lined, hands free trash bin.



STEP FIVE: Put on a clean diaper

Slide a clean diaper under the child. Use a facial tissue or toilet paper to apply any necessary diaper creams, discarding the tissue in a plastic lined, hands-free covered can. Note and plan to report any skin problems such as redness, skin cracks, or bleeding. Fasten the diaper and redress the child.



STEP SIX: Wash the child's hands & return the child to a supervised area

Use soap and water, (60°—120°), at a sink to wash the child's hands.

- Moisten hands with warm water and use liquid soap.
- Rub hands together for 10 seconds.
- Rinse hands free of soap under running water.
- Dry hands with a clean, disposable paper towel or air dry with a blower.
- Throw the used paper towel into a hands-free trash container.



STEP SEVEN: Clean and sanitize the diaper changing surface

Dispose of the paper liner used on the changing surface in a plastic lined, hands-free covered can (if used). Clean any visible soil from the changing surface with detergent and water; rinse with water. Wet the entire changing surface with a solution of 1/4 cup household bleach to one gallon water, or an equivalent solution, leave on for at least 2 minutes. Rinse with clean water and air dry after 2 minutes. Wash your hands immediately after each diapering according to proper procedure.