

Caring for Yourself While Caring for Others

Module 1: An Introduction to Homecare Health and Safety



PARTICIPANT HANDOUT

Practical Tips for Homecare Workers

STAY SAFE AT WORK

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health



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Ordering Information

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<http://www.cdc.gov/niosh/docs/2015-102/default.html>

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SAFER • HEALTHIER • PEOPLE™

Module 1: An Introduction to Homecare Health and Safety Participant Handouts

Learning Objectives:

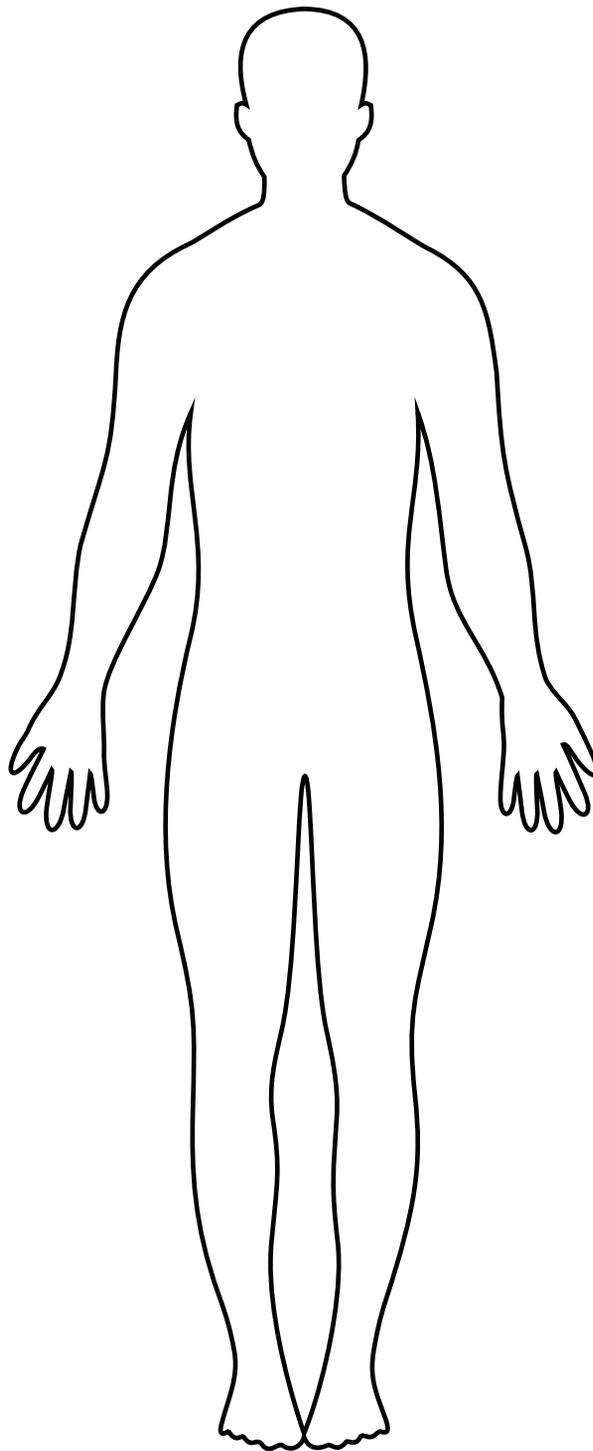
By the end of this training, participants will be able to do the following:

- Understand the importance of homecare worker health and safety.
- Recognize the four main areas of risk.
- Describe strategies for ensuring their own health and safety.

Workshop at a Glance

| Activity | Time |
|---|--------------------|
| 1. Welcome and Introductions | 10 minutes |
| 2. Exploring Health and Safety Risks in Homes | 35 minutes |
| 3. Why Health and Safety are So Important | 10 minutes |
| 4. Tips for Staying Healthy and Safe | 35 minutes |
| 5. Communicating Effectively about Safety | 25 minutes |
| Total Time | 1 hour, 55 minutes |

What Body Parts Hurt or Are Strained by the Work We Do?



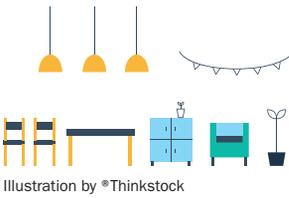
Module 1: An Introduction to Homecare Health and Safety

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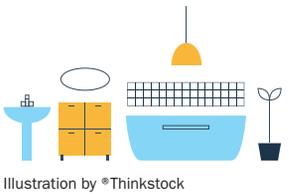
Living Rooms:



Dining Rooms:



Bathrooms:



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Kitchens:



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Laundry Rooms/Basements:

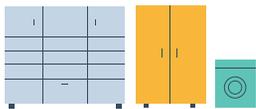


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Outside the Home:



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Safety Tip Activity Worksheet

Directions: In your group, review your assigned Safety Tip and answer the following questions by using the handbook. Pick one person to report back to the whole group.

1. Assigned Safety Tip # _____ Review this Safety Tip in your handbook.
2. What are some possible solutions to make this work safer? Write down some of your ideas using the To-Do list below.



To-Do list

Supplies needed:

- Long-handled duster, mop, scrub brush

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People or places we will contact for help, tools or information:

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Tips for Staying Healthy and Safe in Homecare









A Difficult Conversation

Carla: Good Morning, Mrs. Jones. Sorry for being a little late. I need to talk with you right now about something important.

Mrs. Jones: Well, OK, but I'm a little tired. I didn't get much sleep last night. Plus, I'm trying to watch my TV show.

Carla: You want me to keep the floors clean, but your mop just doesn't work. So the only way I can keep the floor clean is getting on my hands and knees and scrubbing with a sponge. Now my back is killing me. You can't make me use a broken mop that doesn't work!

Mrs. Jones: Well I just don't have money to buy a new one right now, but ...

Carla (interrupts client): Well, when I worked as a professional housekeeper, they made sure we had good mops that could really pick up the dirt. I'll clean your floors as soon as I have a new mop. And I want the one that I saw at the store down the street.

Mrs. Jones: Look, all I know is that I need my floors cleaned. My last homecare worker cleaned them with this mop, why can't you? If you can't do things the way I want, maybe this isn't going to work out.