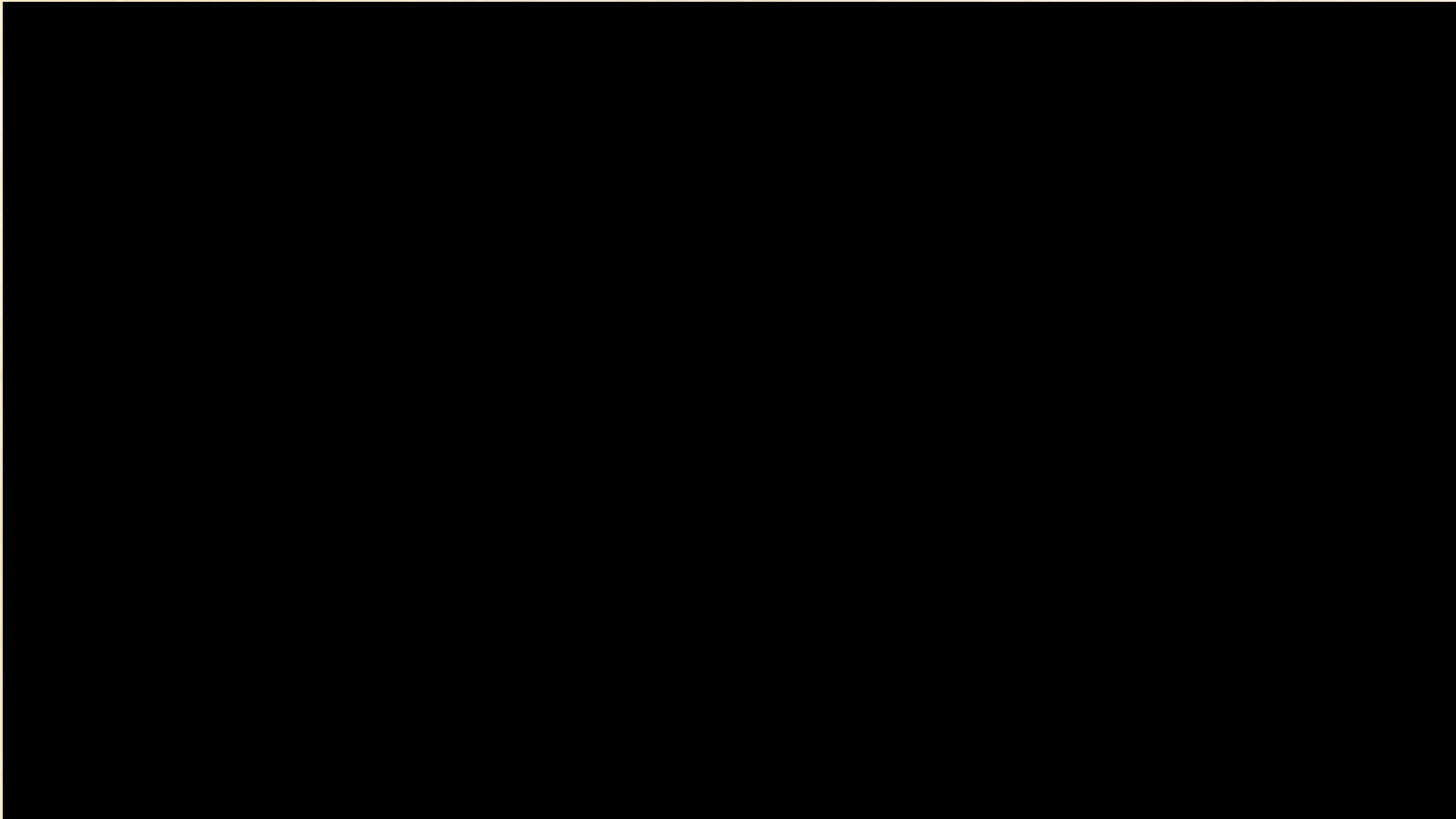


**Caring for Yourself While Caring for Others**

**Module 1: An Introduction  
to Homecare Health and Safety**

**Presenter's Name**  
**Host Organization**



# Welcome and Introductions

## Please tell us

- Your name.
- Your role in homecare.
- How long have you worked in homecare?
- What body parts are strained by the work you do?



# Four Areas of Risk in Homecare

1. Muscle and bone injuries, and strain.
2. Exposure risks.
3. Emotional and mental stress.
4. Emergency and personal safety.



# Muscle/Bone Injuries and Strains

- Transferring clients.
- Carrying heavy loads, such as laundry, equipment, or other heavy items.
- Moving clients in bed.
- Lifting or moving furniture or other heavy objects.
- Bending and stretching while cleaning or helping clients with activities of daily living.
- Tripping in the home or walkways up to the home.



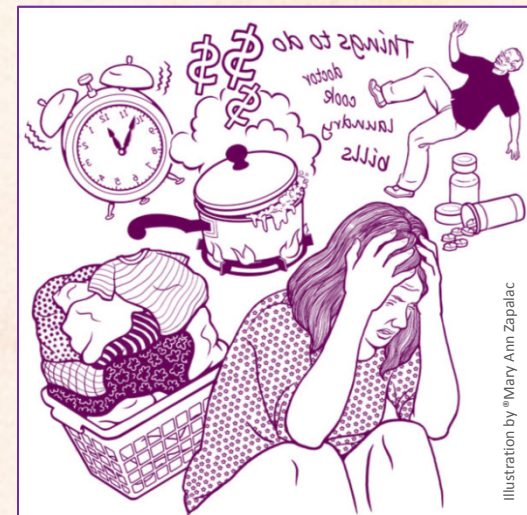
# Exposure Risks

- Airborne germs.
- Body fluids.
- Needlesticks or sharps wounds.
- Cleaning agents.
- Pets.
- Latex.
- Second-hand smoke.
- Infestations of bugs.
- Too hot or cold temperatures.



# Emotional and Mental Stresses

- Working many hours, trying to do too much in too little time.
- Grief related to clients or loved ones.
- Abusive and challenging interactions with clients or others in homes, and in personal life.
- Life stresses—finances, health, housing, transportation, childcare, or relationships.



# Emergency and Personal Safety

- Fire, tornadoes, floods, hurricanes, electrical outages, and other events while at work.
- Driving to and from work.
- Dangers in the areas around homes.
- Violence in the homes.





# Health and Safety is So Important Because ...

- If you get injured or ill, you miss work, you lose income, and you can leave clients without support.
- Strained backs and muscles create more risk of hurting clients.
- Clients often worry about you when you are hurt.



# Healthy and Safety is Also Important Because

- It's painful—and stressful—to be sick, or to have sprains, strains, and broken bones.
- Getting injured or ill affects all aspects of your life.
- If you are sick, you can infect clients and others.



# Homecare Workers May Put Their Health and Safety at Risk Because ...

- They hurry—trying to do too much in too little time.
- They don't want to let clients down and need their wages, so they work when hurt or sick.
- They haven't received training—or haven't been trained enough—to know how to maintain their health and safety.



# Workers' Health and Safety May Also Be Put at Risk Because ...

- They put doing what clients want and need over their own health and safety.
- Clients want them to do things that aren't safe or treat them in ways that are stressful, and they haven't learned how to set healthy boundaries.

# Tips for Staying Healthy and Safe on the Job

- Stay alert and get training (and never stop learning) about the four areas of risk:
  - Physical strains.
  - Exposures.
  - Stresses.
  - Physical and emergency safety.
- Speak up and listen constructively—out of respect for yourself and *with* respect for others. Talk with clients and supervisors to address concerns.

# More Health and Safety Strategies...

- Use assistive devices if available—ask for them and help select them, if possible.
- Learn and use good body mechanics.
- Use Standard Precautions—especially gloves and hand-washing—to avoid exposures.
- Use approved containers for disposing of sharps and needles.
- Report concerns to clients and management immediately.



# Take Care of Yourself

- Get sleep, exercise, and follow a healthy diet.
- Drive safely with your seat belt on, with no phones or distractions.
- Take time weekly to plan and care for your own well-being.
- Engage others in your life in helping you address stress—talk it over assertively.



# Talk it Over!

**Bring up health and safety issues as soon as possible.**

- Plan the discussion.
- Be respectful—make a request, not a demand.
- Use “I” statements. Describe what you observe and how it affects you rather than blaming the other.
- Listen and see the issue from the other’s point of view.
- Consider several solutions beyond your first choice.
- Know your bottom line.



# Thanks for participating!

## Additional Resources:

- Homecare workers' handbook: *Caring for Yourself While Caring for Others* .  
<http://www.cdc.gov/niosh/docs/2015-103/pdf/2015-103.pdf>
- NIOSH Hazard Review: “Occupational Hazards and Home Health Care.”  
<http://www.cdc.gov/niosh/docs/2010-125/pdfs/2010-125.pdf>

# Credits

- [Insert trainer and/or training organization's name(s), and contact information here.]