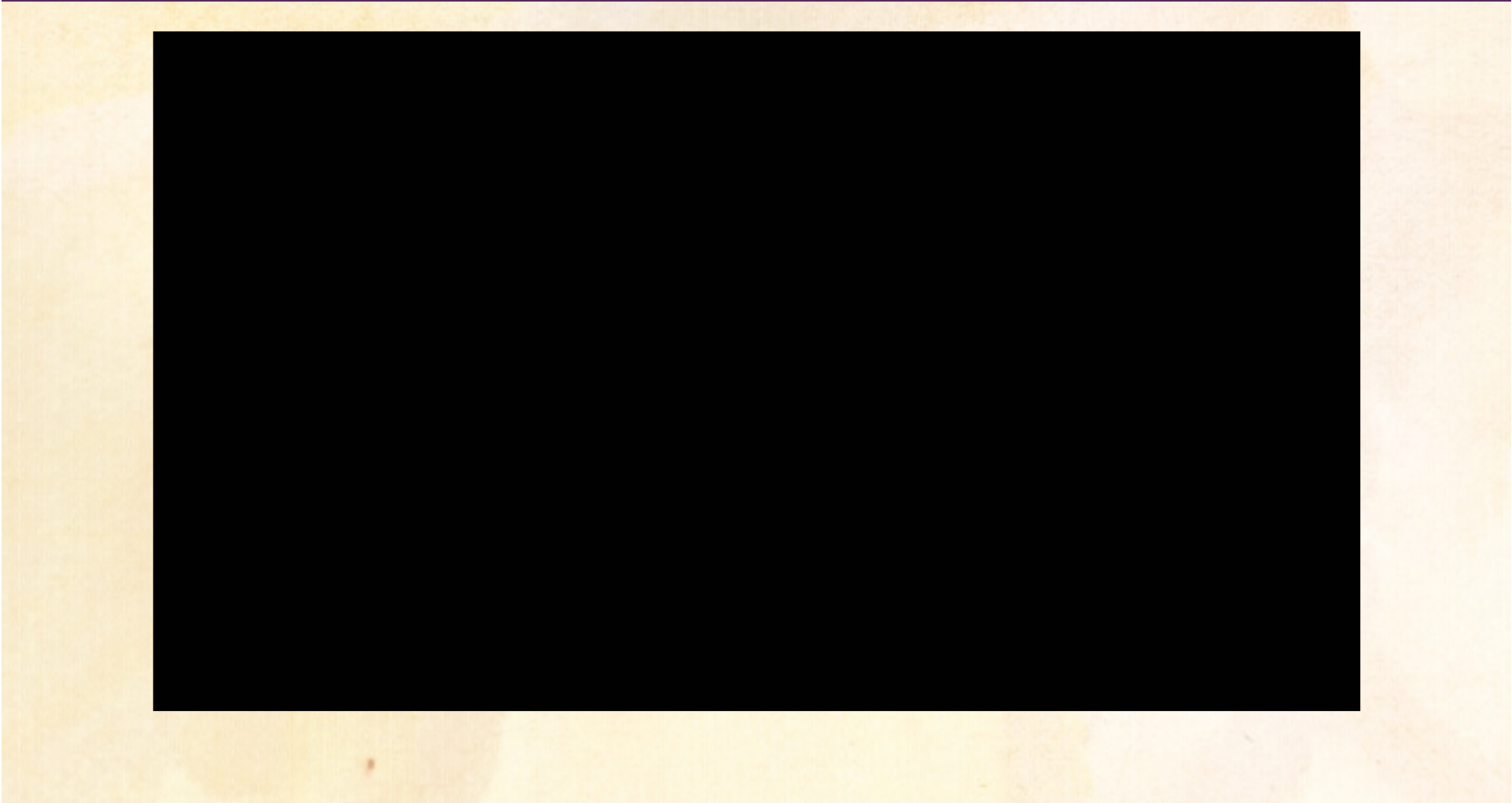


Caring for Yourself While Caring for Others

Module 2: Tips for Reducing Strains, Sprains, and Falls While Doing Housekeeping and Caring for Clients

Presenter's Name

Host Organization



Session Goals

Participants will be able to do the following:

- Outline the possible risks from reaching, pushing, and carrying while housekeeping and caring for clients.
- Describe strategies and tools to reduce risks.
- Explain safe moving and transfer techniques.
- Demonstrate positive problem solving with clients.

Staying Safe While Housekeeping and Providing Personal Care

Housekeeping:

- Mopping.
- Vacuuming.
- Dusting.
- Washing, scrubbing.
- Laundry.
- Cooking.



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Personal Care:

- Dressing.
- Bathing.
- Toileting.



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Tips and Tools to Reduce Strains and Sprains While Scrubbing

- Cushion your knees with a towel, pad, or rug.
- Keep supplies near, so you don't have to reach.
- Limit bending and twisting—use long-handled scrub brushes.



Tips and Tools to Reduce Strains and Sprains While Housekeeping

- Avoid reaching, bending, stretching, and twisting:
 - Use long-handled dusters and mops.
 - Use a step-stool.
 - Move as close as possible to the task, such as around the bed sides.
- Don't try anything you think might be unsafe—get help from another person.



Tips and Tools to Reduce Strains and Sprains While Lifting

- Use a cart to carry items.
- Break heavy loads into small ones.
- Keep your line of sight clear.
- Keep heavy items at waist height.



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Tips and Tools to Reduce Strains and Sprains While Providing Care

- Have all supplies ready and nearby before beginning.
- Limit bending and twisting—use a stool at the bath.
- Make bathing easier by using:
 - Handrails.
 - A shower chair.
 - A hand-held shower hose.
 - Long-handled brush.
- Get as close to the client as possible.



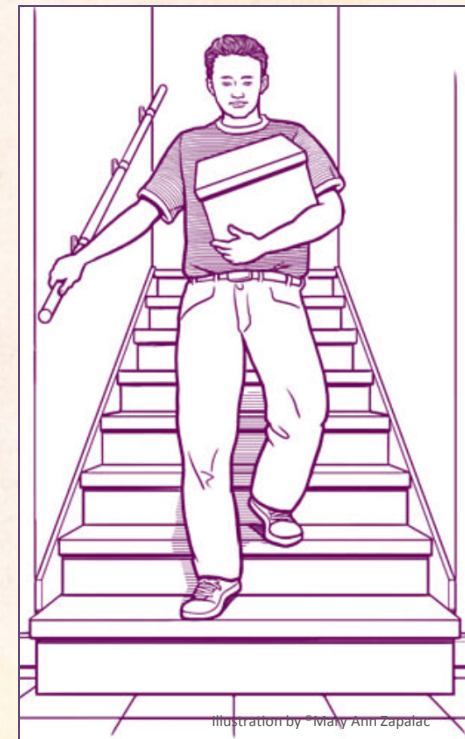
Trip and Fall Hazards in and Around Homes

- Loose carpet rugs.
- Electrical cords.
- Clutter.
- Open drawers.
- Pets.
- Poorly maintained steps and floors.
- Wet or slippery floors.
- Poor lighting.
- Stairs without railings.
- Icy pavement or steps.



Strategies to Reduce Trip, Slip, and Fall Hazards

- Ensure good lighting throughout house.
- Wear sturdy, flat, slip-resistant shoes.
- Walk slowly on icy or wet surfaces.
- Remove or securely tape down rugs.
- Clear walkways of clutter, electrical cords, and other hazards.
- Use handrails.
- Turn on outside lights before leaving.
- Clean up spills as soon as they happen.
- Have flashlights handy.



Tips for Safely Moving and Transferring Clients

Don't!

Do!

Do not twist

Don't bend your back—do bend your knees



Don't lift a client if he can't partially support his own weight



Use gait belt

Slide or transfer board

One foot forward, one foot back

Safe Transferring and Moving Practices

1. Don't try anything you think might be unsafe—get help from another person.
2. If the client can't partially support his or her own weight, it is not safe to lift or transfer the client by yourself.
3. Talk with your client as you're doing each step.
4. Keep the client close to your body while you help.
5. Bend your knees—not your back—while moving.

More Safe Lifting Practices

6. Turn your feet and whole body—do not twist at the waist.
7. Have client's arms around your body, *not* your neck.
8. Put one foot forward, the other back.
9. Use a draw sheet to move a client in bed and move along the bed side to avoid reaching.
10. Make sure bed or wheelchair wheels are locked before moving client.

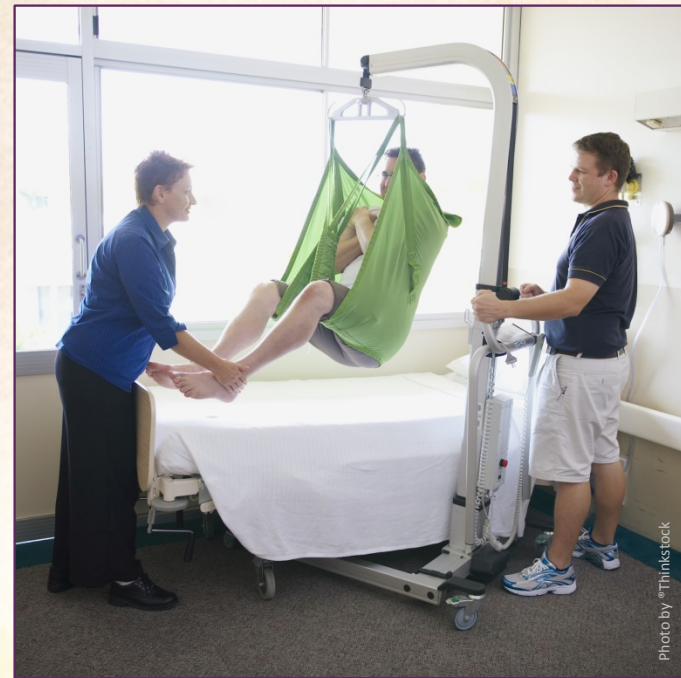


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Keep your back straight

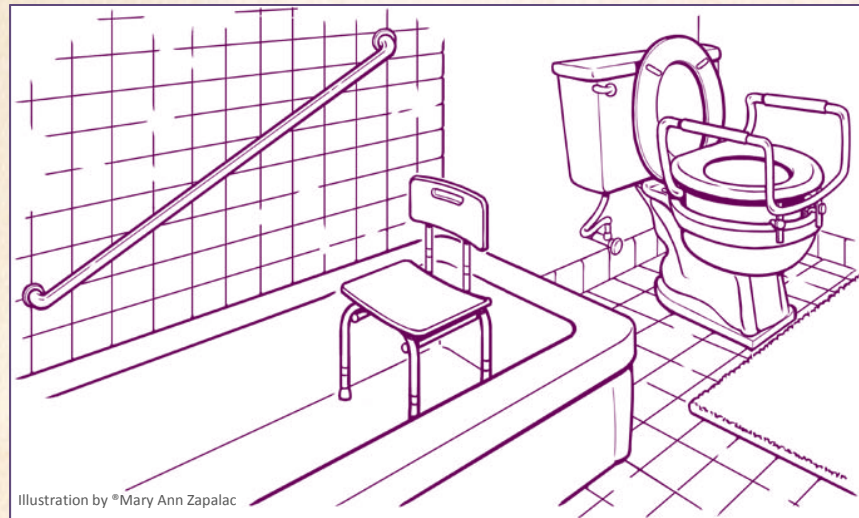
Tools Can Make Transfers and Moves Safer

- Mechanical or electric hoists or slings—especially if the client can't support his or her own weight.



Tools Can Make Transfers and Moves Safer

- Gait belts.
- Slide or transfer boards.
- Draw sheets.
- Handrails.
- Shower chairs.
- Toilet seats with support arms.



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 your health and safety concern, how it affects you, and what the impact might be on you and the client.
- Listen. See the issue from the client’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>
- NIOSH Publication: Safe Lifting and Movement of Nursing Home Residents
<http://www.cdc.gov/niosh/docs/2006-117>
- Safe Patient Handling for Nursing Schools (NIOSH) <http://www.cdc.gov/niosh/docs/2009-127>
- NIOSH Publication: Slip, Trip, and Fall Prevention for Healthcare
<http://www.cdc.gov/niosh/docs/2011-123>
- Home and Community Health Worker Handbook, British Columbia, Canada, OHSAH.
<http://www.phsa.ca/NR/rdonlyres/6C69D638-8587-4096-A8AA-7D2B0141C3B2/59614/HandbookHomeandCommunityHealthcareWorkersHandbook.pdf>
- Safety Manual for Homecare Workers, Oregon Homecare Commission.
<http://apps.state.or.us/Forms/Served/de9062.pdf>

Credits

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