



Unit 5

Awareness of Health and Safety in Health and Social Care

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Health and Safety Health and Safety are integral to the role of the care worker. There are numerous pieces of legislation and policies which determine correct practice. Failure to adhere to Health and Safety practices could endanger the care and wellbeing of the service user hence its importance.



Cultural bias Migrant Care Workers come from different countries, where Health and Safety practices will differ. Therefore, awareness of Health and Safety requirements according to the country you are working in is essential.

Module 5.1 Responsibilities and risk assessment relating to health and safety in adult care settings



Objectives and Learning outcomes To explain own responsibilities and risk assessment processes relating to health and safety in adult care settings
Outline key responsibilities relating to health and safety in adult care settings
Explain what a risk assessment is and why important in an adult care setting



Suggested Duration 1 hour

Number of Participants Up to 20



Materials needed Computer and projector, Microsoft PowerPoint, Flip chart and paper, Markers, Blu Tack, Risk assessment templates

Competences • while carrying out the daily care, is able to prevent general risks

Knowledge • is able to explain key health and safety procedures related to elderly care
• is able to list some most common health and safety risks in elderly care
• is able to demonstrate an understanding of Health and Safety legislation particular to the country that they are working in

Skills • is able to use a health and safety risk assessment and knows how to report identified risks



- is able to follow the correct procedure if an accident or sudden illness should occur
- is able to maintain a safe environment in order to ensure the care and wellbeing of service users

Guidelines for Assessment Verbal discussion; PowerPoint presentation. Attach SMART Learning Objectives to wall so group can refer to throughout the session to maintain focus (pre-written on flip chart paper).

Keywords Health and Safety, Risk Assessment

References Key legislation relevant to country and setting
Key policy relevant to each setting
Relevant workforce regulator



Description of Activity 5.1



Introduction In small groups of no more than four, develop key examples and descriptions of different Health and Safety risks associated with different care settings and considering cultural bias (give each group a different setting including persons own home, residential home, nursing home and day centre). Instruct groups to present findings back to the class.
Following discussion of above, invite each group to come up with key examples of how a care worker should respond to risks identified using flip chart paper. On completion of the task, get each group to present and share findings with everyone.

Theories and concepts Tutor to provide short PowerPoint presentation and complementary video (relating directly to Health and Safety) to consolidate learning of key theory and concepts.

Discussions Ask participants to reflect on scenarios that may present risk in the Health and Social Care setting. Discuss the requirements of the role of Care Workers to ensure reduced or eliminated risk in the Health and Social Care setting.

Case studies In groups of no more than four, provide case studies and ask participants to complete a risk assessment (identify key risks, likelihood of harm, methods to reduce or eliminate harm) specific to each setting and country.
Share examples of best practice from each risk assessment and highlight learning points.
To further consolidate learning, look at real examples of risk assessments from different care settings and identify areas of best practice.



Cultural Bias Invite participants to reflect on how key cultural differences impact on the Role of the Care Worker in relation to health and safety. Groups to look at relevant examples from local media to highlight areas of poor practice and identify key developmental learning points to improve practice.

Your own
notes:

Module 5.2 Accidents and Sudden Illnesses



Objectives and Learning outcomes To explain processes required for accidents and sudden illnesses in an adult Health and Social Care setting
Outline common accidents and sudden illnesses that may occur in an adult Health and Social Care setting
Explain key actions required following an accident or sudden illness in an adult Health and Social Care setting



Suggested Duration 1 hour

Number of Participants Up to 20



Materials needed Computer and projector, Microsoft PowerPoint, Flip chart and paper, Markers, Blu Tack, Risk assessment templates

Competences

- shows responsibility if an accident or sudden illness occurs

Knowledge

- understands about the existence of common accidents and sudden illness that may occur in an elderly care setting
- understands what actions should be taken in the event of an accident or sudden illness occurs
- is able to explain key procedures required following accidents and sudden illnesses in an adult care setting

Skills

- is able to follow the correct procedure if an accident or sudden illness should occur
- is able to complete an accident/ illness reporting
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Guidelines for Assessment Verbal discussion; PowerPoint presentation.
Attach SMART Learning Objectives to wall so group can refer to



throughout the session to maintain focus (pre-written on flip chart paper).

Keywords Accidents, Sudden Illnesses, Procedures

References Key legislation relevant to country and setting
Key policy relevant to each setting
Relevant workforce regulator



Description of Activity 5.2



Introduction In small groups of four, research recent examples of accidents and sudden illnesses in an adult health and social care setting. Write examples on flip chart paper and report back to the group. Tutor to facilitate group discussion and consolidate learning using summary handout.

Key responses Tutor to present short PowerPoint presentation outlining key responses required following an accident/ sudden illness in an adult health and social care setting. The importance of accurate record keeping should be highlighted.

Case scenarios In small groups of four, learners to be presented with case scenarios detailing a range of accidents/ illnesses in an adult health and social care setting. Each group should be instructed to outline required responses and complete an accident/ illness reporting form provided by the tutor.

Discussions and summary Each group to discuss findings and present completed report forms to all learners. Tutor to summarise key learning and check learning through questioning.

Your own
notes:

Module 5.3 Environmental Safety Procedures



Objectives and Learning outcomes Describe key environmental safety procedures within the adult care setting
List possible environmental risks for an adult Health and Social Care setting
Explain required environmental safety procedures within an adult care setting for identified risks



Suggested Duration 1 hour

Number of Participants Up to 20



Materials needed Computer and projector, Microsoft PowerPoint, Flip chart and paper, Markers, Blu Tack, Risk assessment templates, Images, Case Studies

- Competences**
- follows agreed and clearly defined instructions of medical personnel or employer about handling medication
 - can identify possible environmental risks within an adult care setting
- Knowledge**
- is able to explain ways to work in order to reduce the spread of infection
 - is able to explain in which way one should move and handle equipment and other objects safely
 - knows how to handle hazardous substances
 - is able to explain basic ways of procedures regarding handling medication
 - is able to explain in which way food should be handled and stored safely
- Skills**
- is able to follow rules of hygiene in order to prevent infection (washing hands, wearing gloves etc.)
 - is able to apply principles and procedures for safe moving and handling
 - is able to safely store, use and dispose of hazardous substances which may be found in a social setting
 - is able to follow agreed key procedures for handling medication
 - is able to handle, store and dispose of food in a safe and hygienic way



Guidelines for Assessment Verbal discussion; PowerPoint presentation.

Attach SMART Learning Objectives to wall so group can refer to throughout the session to maintain focus (pre-written on flip chart paper).

Keywords Environmental Risks, Safety Procedures



References Key legislation relevant to country and setting
Key policy relevant to each setting
Relevant workforce regulator

Description of Activity 5.3

Environmental risks Learners, in small groups of four, to be presented with a range of images showing environmental risks. Each group to list risks they see and feedback to group.
Tutor to present short video detailing environmental risks which could occur in an adult care setting.

Case studies Small groups of four to be given a range of case studies detailing environmental reports on adult care settings. Groups to identify each reported environmental risk and outline procedures to ensure good practice.

Your own notes:

Module 5.4 Cultural perspective on Health and Safety



Module 5.4 Cultural perspective on Health and Safety



Activity Name Developing a “code of conduct” considering expectations and national regulations on Health and Safety

Objectives and Learning outcomes Combining individual expectations of the client and the care workers with the national regulations on Health and Safety



Suggested Duration 3 hours including small group discussions and plenary

Nº of Participants Up to 20



Materials needed 4-5 rooms for group discussions, Flipchart and paper, markers

Competences

- Is able to recognize and behave according to the health and safety regulations and expectations of the client

Knowledge

- Knows the cultural differences between the target context and the own perspective



- Skills**
- Clarifies questions according to health and safety regulations if they are not similar to his/her home context
 - Adapts to the guidelines of health and safety in the targets living environment

Guidelines for Assessment Group discussion and communication skills and moderation skills

Keywords Health and Safety, Code of Conduct

Description of activity 5.4

Case discussions In small groups of up to four people, the participants discuss the following topics, including their own ideas, fears and uncertainties. On the basis of 1-3 case discussions, they discuss concrete options for action.

The results of the small groups are presented and discussed in the plenary. Subsequently, guidelines for dealing with health and safety are developed, which are based on the following three points:

- How to clarify your own expectations and the clients expectations
- National regulations on health and safety
- How to develop a “code of conduct” considering the expectations as well as the national regulations on health and safety

Your own notes:

Key Take-Away Messages



Hand out a copy of national health and safety procedures, which use pictures and easy language. Remember: A migrant care worker should always measure risk and take the appropriate responses when carrying out their roles and responsibilities.

What I do
<input type="checkbox"/> I do ensure I understand key legislation relating to health and safety in the country I am working in as a care worker
<input type="checkbox"/> I do ensure that I assess all risks and respond appropriately
<input type="checkbox"/> I do ensure I follow all policies and procedures in relation to health and safety in your place of work

What I don't do
<input type="checkbox"/> I don't assume that health and safety legislation is the same in every country
<input type="checkbox"/> I don't overstep the scope of my role as a care worker and deal with serious risk on my own
<input type="checkbox"/> I don't ignore any health and safety risk or concern