



SPINAL HOME CARE

Health and Safety.

Including fire safety, food safety, infection control, COSHH, RIDDOR.

Health and Safety at work Act 1974

Employers Must:

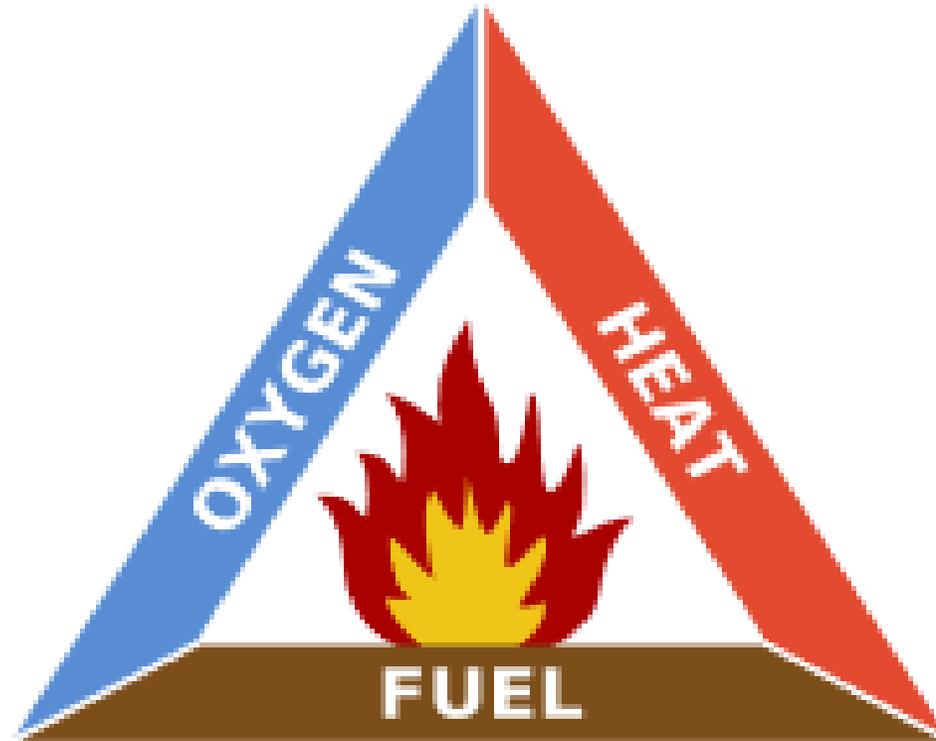
- Provide a safe workplace
- Ensure safe access to and from workplace
- Provide information on health and safety
- Provide health and safety training
- Undertake risk assessment for all hazards

Employees Must:

- Take reasonable care for their own safety and that of others.
- Co-operate with the employer in respect of health and safety matters
- Not intentionally damage any health and safety equipment or materials provided by employer

Fire Safety.

For a fire to start and keep going it needs 3 components as shown in the fire triangle. If one is removed the fire will die.



- sources of ignition include heaters, lighting, naked flames, electrical equipment, smokers' materials (cigarettes, matches etc), and anything else that can get very hot or cause sparks
- sources of fuel include wood, paper, plastic, rubber or foam, loose packaging materials, waste rubbish and furniture
- sources of oxygen include the air around us

How to prevent fires

- Turn off equipment after use.
- Do not leave any naked flames unattended
- Close doors when leaving a room – where possible.
- Do not cover heaters or have them close to material, papers, wood etc.
- Do not leave items charging where they can not keep cool e.g do not have mobile phones under the bedclothes.

What to do in case of fire.

- get out, stay out and call 999. If you are unable to help the client out let the fire brigade know why and where the client is. Choose the best escape route— usually your normal way in and out of the home
- If the first route is blocked, think of a second one, and keep those routes cleared at all times
- Make sure everyone knows where to find door and window keys so they can get to them quickly in the event of a fire
- Practice your escape plan with everyone in the house, so everyone knows what to do in the event of a fire

Infection Control

Routes of infection

Direct contact

Hands

Kissing

Intimate contact

Body fluids

Contaminated items

Inhalation

Sneezing

Coughing

Toilet flushing

Ingestion

Hands

Food

Inoculation

Sharps injuries

Bites

Scratches and wounds

Standard Infection Control Precautions

- Hand Hygiene
- Personal Protective Equipment
- Safe use and disposal of sharps.
- Safe handling and disposal of waste.
- Safe management of laundry.
- Food Hygiene



Hand washing is the most important method of reducing the transfer of infection and forms the basis for universal precautions

How to wash your hands effectively

- Wet your hands thoroughly under warm running water and squirt liquid soap onto the palm of one hand.
- Rub hands together to make a lather.
- Rub the palm of one hand along the back of the other and along the fingers, then do the same with the other.
- Rub in between each of the your fingers on both hands and around your thumbs.
- Rinse off the soap with clean running water.
- Dry hands thoroughly on a clean dry towel.

Other infection risks

One of the key issues in controlling infection in any environment is the safe disposal of contaminated waste.

Including:

- Gloves
- Sharps and needles
- Body fluids
- Soiled dressings
- Soiled linen

Covid 19

- Follow the regulations for Covid 19 – regular emails are sent out to carers when the regulations change.
- When first arriving at the clients home change and wash your clothes
- Ensure that when working with the client for the first few days that you go to the client you are wearing a mask and gloves.
- That you wash your hands when you return to the house after going out.

What are the signs of an infection?

- Raised temperature - above 37.5C
- Night sweats
- May have pain or aches
- Feel generally unwell

How can we help to reduce the temperature

- Tepid sponging
- Use of a fan
- Remove some clothing
- Drink plenty of fluids - normally at least 2 litres
- If able to take paracetamol this can reduce temperature.

Safe food handling

Food poisoning is an illness caused by eating contaminated food. Food can be contaminated by:

- Bacteria, viruses and moulds
- Chemicals and metals
- Poisonous plants, e.g berries, toadstools

Each year it is estimated that as many as 5.5 million people in the UK suffer from food poisoning.

Bacteria causes the majority of food poisoning cases.

Bacteria requires warmth, moisture, time and food to multiply. The optimum growth temperature for bacteria is between 5° and 63°c, this is known as the 'danger zone'.

High Risk Foods

Cooked poultry

Cooked meats

Dairy produce

Shellfish and seafood

Cooked rice

Raw eggs in foods

Food Contamination Risks

- People
- Air
- Raw foods
- Animals
- Insects
- Refuse

In order to maintain our own health and that of our clients we need to eat a healthy diet.

We need to eat a healthy, balanced diet, that includes:

- Carbohydrates
- Fats
- Proteins
- Fibre
- vitamins

Which foods would you
try to limit?

Factors that may affect a persons ability to eat and drink in usual manner.

COSHH – Control of Substances Hazardous to Health

What substances are you likely to use which are covered by COSHH.

How do you follow COSHH.

RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013

- Report all accidents and near misses to the office
- The accident book is kept in the office