**Section 7**: **Health and Safety in Health and Social Care**

**Introduction to the section**

This section focuses on the legal and procedural requirements for health and safety. Exactly what you need to know will depend on your role and the individuals you work with, however there are key elements relating to:

* Risk assessment;
* Fire safety;
* Moving and handling / positioning;
* Emergency first aid;
* Infection prevention & control;
* Food safety;
* The use of hazardous substances;
* Security and
* Stress management

**Useful resources**

* Working together to reduce stress at work: a guide for employees, Health and Safety Executive

**7.1 Health and safety in the work setting**

**How to meet legislative requirements for health and safety in the work setting**

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| **7.1a Core knowledge learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| Outline the key relevant legislation that relates to health and safety in the workplace and what this means in practice |  |  |  |
| Explain the responsibilities of employers, the worker and others, for health and safety at work |  |  |  |
| Explain the importance of working within the limits of your own role and responsibilities |  |  |  |
| Explain the importance of raising concerns about practices or working conditions that are unsafe or risky |  |  |  |
| **7.1b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You are able to carry out your responsibilities in line with health and safety legislation |  |  |  |
| You are able to show you are aware of your organisation’s policies and procedures for health and safety and implement these in practice |  |  |  |
| You are able to show you know how to record and report any concerns or incidents related to health and safety |  |  |  |

**7.2 Risk assessments for health and safety**

**How risk assessments are used to support health and safety in the work setting**

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| **7.2a Core knowledge learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| Explain what is meant by ‘risk assessment’ in relation to health and safety |  |  |  |
| List the types of accidents, incidents, emergencies and health and safety hazards that may occur in the workplace |  |  |  |
| Explain why it is important to risk assess any identified hazards related to the work setting or activities |  |  |  |
| Outline the responsibilities for carrying out, recording and following risk assessments for work activities |  |  |  |
| Explain the difference between formal recorded risk assessments and those that are carried out routinely as part of working practice e.g. checking a room for tripping hazards on entry |  |  |  |
| Explain the importance of reporting concerns or incidences that have or may be likely to occur |  |  |  |
| **7.2b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You are able to show you know how to access and follow risk assessments |  |  |  |
| You are able to show you know how to record and report any concerns or incidences |  |  |  |

**7.3 Fire safety**

**How to promote fire safety in work settings**

| **7.3a Core knowledge learning outcomes** | **Evidence used** | **Assessment by whom and when** | **Signatures** |
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| Outline the key legislation that relates to fire safety |  |  |  |
| Explain the responsibilities of employers, workers and others, for fire safety in the work setting |  |  |  |
| List the practices that prevent fires from starting |  |  |  |
| Explain the importance of knowing about fire evacuation procedures |  |  |  |
| Explain the importance of maintaining clear exit routes at all times |  |  |  |

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| **7.3b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You are able to show you know and are able to follow the procedures of your work setting in the event of a fire |  |  |  |

**7.4 Moving and handling and moving and positioning**

**The principles of moving and handling and moving and positioning**

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| **7.4a Core knowledge learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| Explain the meaning of the terms ‘moving and handling’ and ‘moving and positioning’ |  |  |  |
| Outline key legislation that relates to moving and handling and what this means in practice |  |  |  |
| Explain the principles and techniques of moving and handling |  |  |  |
| Explain the implications of poor practice in moving and handling |  |  |  |

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| **7.4b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You are able to show how to undertake moving and positioning and/or moving and handling in accordance with your training/role |  |  |  |

**7.5 Emergency first aid**

**How and when emergency first aid can be applied in the work setting**

**Note: workers in social care settings would be expected to attend an external first aid course to complete this section**

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| **7.5b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You have attended emergency first aid training appropriate to your role, and you are able to show you know when it is appropriate to apply emergency first aid and when medical help needs to be sought |  |  |  |

**7.6 Infection prevention and control**

**The main routes to infection and how to prevent the spread of infections in the workplace**

| **7.6a Core knowledge learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| --- | --- | --- | --- |
| Explain the difference between bacteria, viruses, fungi and parasites |  |  |  |
| List the common illnesses and infections caused by bacteria, viruses, fungi and parasites and the potential impact of these |  |  |  |
| Explain what is meant by the terms ‘infection’ and ‘colonisation’ |  |  |  |
| Explain what is meant by the terms ‘systemic infection’ and localised infection’ |  |  |  |
| Describe how infections are transmitted |  |  |  |
| Give examples of poor practices that may lead to the spread of infection |  |  |  |
| Outline the factors that will make it more likely that infections will occur |  |  |  |
| Outline key legislation and standards related to infection prevention and control |  |  |  |
| Outline the role and responsibilities of employers, workers and others, for infection prevention and control |  |  |  |
| Give examples of how to maintain a clean environment to prevent the spread of infection |  |  |  |
| Explain the importance of good personal hygiene to prevent the spread of infection |  |  |  |
| Describe **Hand washing technique** to prevent the spread of infection |  |  |  |
| Explain the use of personal protective equipment to prevent the spread of infection |  |  |  |

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| **7.6b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You show you are able to follow good hygiene practice |  |  |  |
| You show that you know and implement your organisations policies and procedures for infection prevention and control |  |  |  |
| You can demonstrate handwashing technique that is used to prevent the spread of infection |  |  |  |

**7.7 Food Safety**

**How to implement food safety measures**

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| **7.7a Core knowledge learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |

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| Outline the key legislation for food safety |  |  |  |
| Outline the role and responsibilities of employers and workers for food safety |  |  |  |
| Explain the importance of implementing food safety measures |  |  |  |
| Describe the food safety hazards that can occur through the preparation, serving, clearing away and storing of food and drink |  |  |  |
| Explain why surfaces, utensils and equipment must be clean for food preparation |  |  |  |
| Explain when personal protective equipment should be used |  |  |  |
| Outline what is involved in the safe storage of food and drink |  |  |  |
| Outline what is involved in the safe disposal of food waste |  |  |  |
| **7.7b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by whom and when** | **Signatures** |
| You show you are able to follow your organisation’s policies and procedures in relation to food safety |  |  |  |

**7.8 Hazardous Substances**

**How to store, use and dispose of hazardous substances safely**

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| **7.8a Core knowledge learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |

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| Explain what is meant by the term ‘hazardous substances’ |  |  |  |
| Explain what is meant by the term ‘Control of Hazardous Substances’ |  |  |  |
| Give examples of the types of hazardous substances that may be found in the workplace |  |  |  |
| Describe safe practice for: storing, using, dealing with spillages and disposing of hazardous substances |  |  |  |
| **7.8b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |
| You show you are able to follow your organisation’s policies and procedures for the storage, use and disposal of hazardous substances |  |  |  |

**7.9 Security in the work setting**

**How to maintain security in the work setting**

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| **7.9a Core knowledge learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |

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| Outline the potential risks to security in the work setting |  |  |  |
| Describe safe practice to ensure security in the work setting including: lone working, advising of whereabouts, access to work settings and dealing with incidents of **aggressive behaviour** |  |  |  |
| **7.9b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |
| You are able to show that you know about the arrangements that are in place to ensure that you, individuals and others are safe in the work setting |  |  |  |
| You show that you are able to adhere to policies and procedures for lone working, advising of whereabouts and access to the work setting |  |  |  |

**7.10 Managing stress**

**How to manage stress**

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| **7.10a Core knowledge learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |

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| Describe the common signs and indicators of stress |  |  |  |
| Outline the circumstances that can trigger stress |  |  |  |
| Outline the ways to manage stress |  |  |  |
| Explain the importance of recognising stress and taking action to reduce it |  |  |  |
| Give examples where to access additional support if experiencing stress |  |  |  |
| **7.10b Additional HSCIF learning outcomes** | **Evidence used** | **Assessed by who and when** | **Signatures** |
| You show that you use supervision to discuss your well-being |  |  |  |

**Glossary**

**Aggressive behaviour** can cause physical or emotional harm to others. It may range from verbal abuse to physical abuse. It can also involve harming personal property, in the context of security in the work setting this relates to aggressive behaviour from members of the public rather than individuals

**Employer** in the case of foster carers or adult placement / shared lives carers, this would be the agency. In the case of personal assistants, this would the person employing them to provide care and support

**Hand washing technique** using current national and international guidelines

**Lone working** lone workers are those who work by themselves without close or direct supervision for example:

* People who work from home
* People working alone for long periods
* People who work outside of normal working hours
* Health and social care workers visiting other premises

**Work setting** this would be a setting in which care and support is provided e.g. residential child care, individuals own home, foster care etc.

**Worker** this would be the person providing care and support or services to individuals

**Additional Information:**

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| **Related Qualifications** |
| Level 2 award social care induction in Wales |
| Level 2 diploma health and social care (adults) |
| Level 3 diploma health and social care (adults) |
| Level 3 diploma health and social care (CYP) |
| Level 2 diploma in clinical healthcare support |
| Level 3 diploma in clinical healthcare support |
| Level 3 diploma in dietetic support |
| Level 3 maternity and paediatric support |
| Level 3 diploma in occupational therapy support |
| Level 3 diploma in physiotherapy support |
| Level 3 diploma in podiatry support for podiatry assistants and technicians |
| Level 3 diploma in speech and language therapy support |
| Level 3 diploma in primary care support |
| Level 3 rehabilitation support worker |
| Level 3 allied health profession support |
| Level 2 diploma in clinical healthcare support |
| Level 3 diploma in clinical healthcare support |
| Level 3 diploma in dietetic support |

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| **Related units** | **Level** | **Knowledge or competence** |
| Induction to health and safety in social care in Wales | 2 | K |
| CYP M3.4: Support children and young people’s health and safety | 3 | C |
| HSC 027: Contribute to health and safety in health and social care | 2 | C |
| HSC 037: Promote and implement health and safety in health and social care | 3 | C |
| HSC 2029: Meet food and safety when providing food and drink for individuals | 2 | C |
| IC01: Principles of infection prevention and control | 2 | K |
| IC02: Causes and spread of infection | 2 | K |

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| **Related National Occupational Standards** |
| SCDHSC0022: Support the health and safety of yourself and individuals |
| SCDHSC0032: Promote health, safety and security in the work setting |