



Welcome to



NASHiCS

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The Care Show

NEC 2009



Chris Jackson -- National Chair

**National Association for Safety
and Health in Care Services**



- **Mission:** To promote and improve health and safety in care practice by providing a sharing and networking forum to encourage the development and adoption of the highest professional standards.

Who are we?



- Represent voluntary, charitable, independent, public & private sector care providers.
- Have a UK wide membership.
- A focus group for Health & Safety issues in the Social Care sector.

Membership



- Independent Care Sector Providers
- Voluntary Sector
- Private Home owners
- Safety Advisers & Managers
- Government Departments
- Suppliers

What we do?



- Share ideas and information to help members, including policy advice – Networkers.
- Involvement with the development of national initiatives e.g. Fire Safety
- Annual Conference & Exhibition
- Seminars (free to members)
- e-news letter and web-site forum
- Guidance Documents – e.g. Medication



What's hot and
happening.

Health and Safety Matters



**Who is responsible for
your Health and Safety
when you are at work ?**

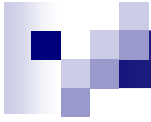


**Who is responsible for
the Health and Safety
of residents?**



Oh Yes.....

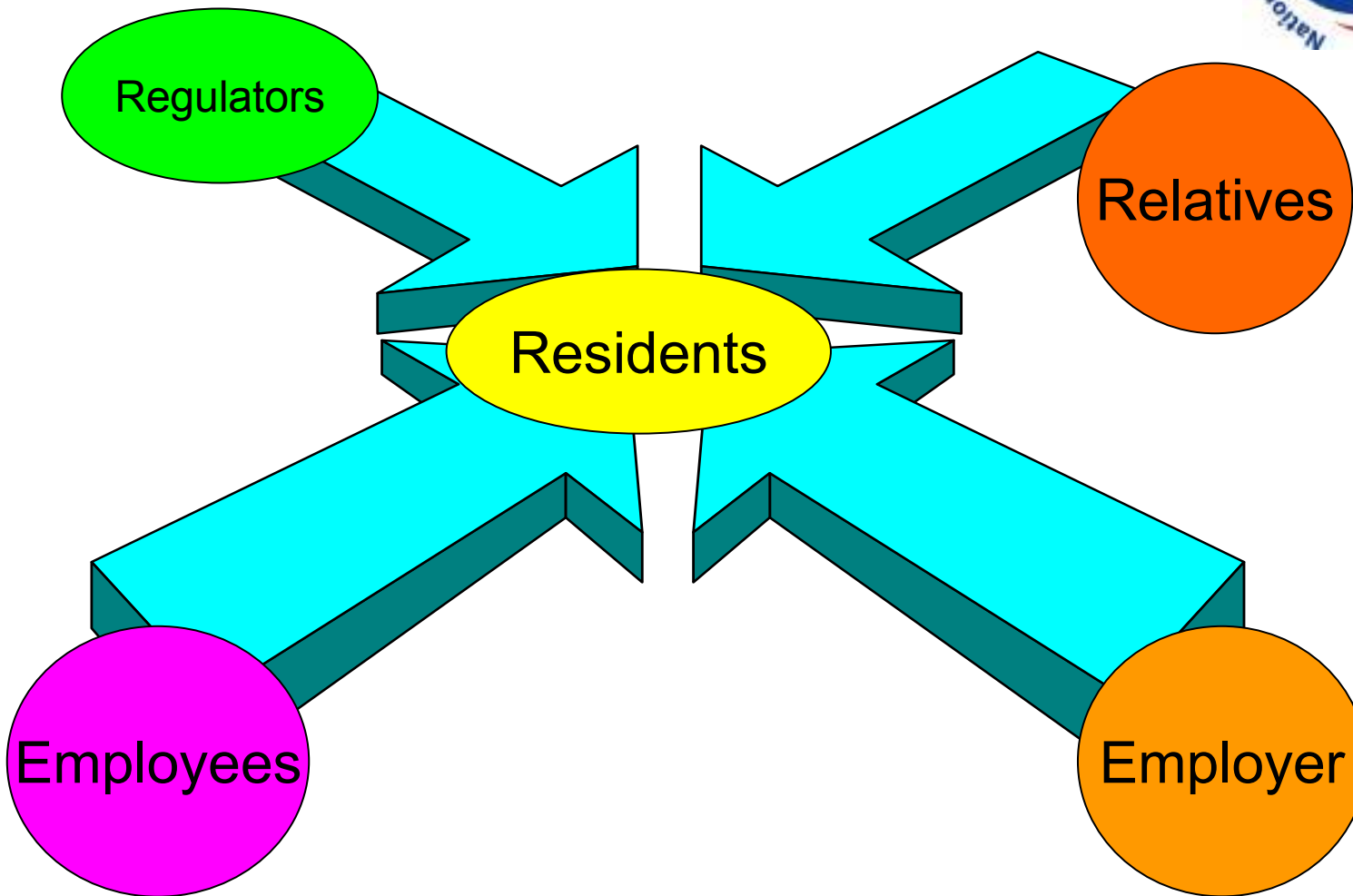
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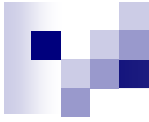


Oh No.....

Run

Conflicts and Tensions





- Place to live -- ***“ my home ”***
- Place to care
- Place to work



Question



- **What do you think are the top health and safety concerns for**

**residents
care workers**

Employees Care Homes



- 2005/06 -
 - 713 Major injuries
 - 3,571 over 3 day

■ 4,284

- 2006/07
 - 715 Major injuries
 - 3,692 over 3 day

■ 4,407

■ 4,503

Source HSE - RIDDOR

Residents



- **2005/06 –**
 - Fatal 27
 - Major 1138
- **2006/07 –**
 - Fatal 23
 - Major 979
- **1049**

Causes –



■ Residents

- Major Injury - Slips, trips and falls
- Fatal - drowning, asphyxiation, contact with harmful substances (hot water, chemicals)

Causes –



■ Employees

- Handling

- Physical Assault

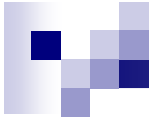
- Slips and Trips



■ HSE improvement notices.

- Bedside rails
- Legionella control
- Falls / windows
- Hot water and hot surfaces
- Manual Handling
- Lifting Equipment
- Latex, Dermatitis
- Asbestos





Residents

Bedside rails
Hot water
Hot surfaces
Falls / windows
Slips and trips

Premises

Asbestos Mgt
Legionella



Staff

Back Care
Challenging Behaviour
Slip, trips and falls
Latex, Dermatitis



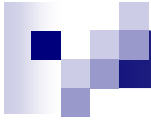
Falls from height out of windows



Key Points



- Windows have been checked
- Restrictors have been maintained
- Checked to ensure still OK
- Not been over ridden
- Recorded if not in use and why



C.O.S.H.H.

Key Points



- How to use
- What it is
- Don't decant
- Never mix
- Into unlabelled containers
- Leave unattended
- Keep locked secure when not in use



Bed Rails

Key Points



- Why being used
- Risk assessed
- Checks
- Maintained
- Review



Scalding and burns.

Key Points

- Identify source
- Control temperature
- Eliminate contact
- Record checks
- Report any faults
- Take out of use





Slips, trips and falls

Key Points

- Obstructions
- Lighting
- Changing levels
- Worn surfaces
- Spillages



Can you spot the trip hazard?



Slopes with Colour Change

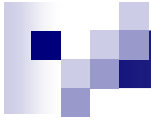


Stairs - What's wrong here?



Single Steps – Watch Out!





Back Care



Key Points



**Never undertake any moving/
transferring or manual handling task
unless you have been trained**

**Always refer to the risk assessment
and on every occasion think the task
through to the end**

Key Points



**WHEN POSSIBLE ALWAYS
AVOID THE ACTIVITY**

**i.e. is there a safer (back friendly)
alternative?**

**Current advice and expert
opinion is to keep as active as
possible**



"Nobody should attempt to move, lift or handle any load if they consider that it may be putting themselves at a significant risk of injury"

Key Points



- AVOID

Prolonged poor posture

Repeated bending

Awkward posture

Shifting heavy loads



Key Points



- KEEP FIT WITH

Good Exercise

Good Posture

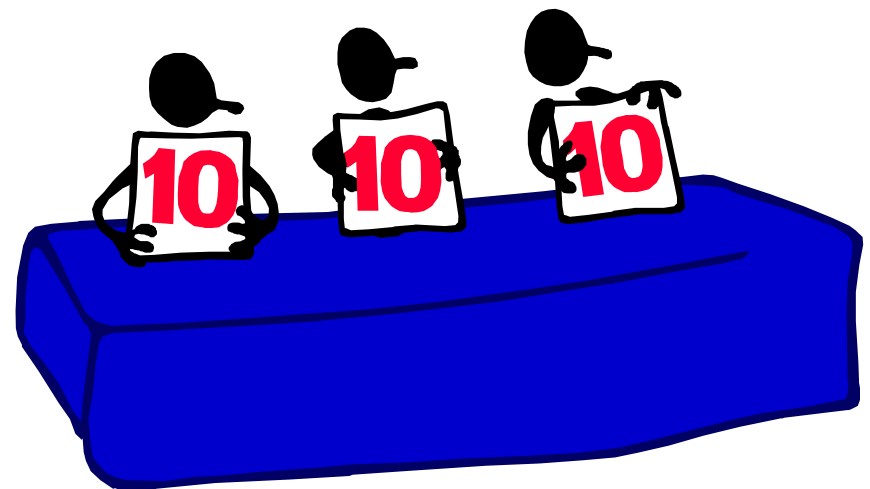
Good Diet

Good Sleeping position

Working together



- Residents risk assessments
- Premises risk assessments
- Safe Systems of work
- Involve everyone



**it only
takes a
minute**

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“Challenges and Choices”

- Everyone Matters-

1st July 2010