

Promote and implement health and safety in health and social care essay sample

[Food & Diet](#)



1. 1 Identify legislation relating to health and safety in a social care work setting Within the older persons project where I work there are a number of Law's, Legislation's, Policies and Procedures relevant to health and safety.

Health and Safety at work Act 1974

The Management of Health and Safety at Work Regulations 1999
Care Standard Act 2000

Food Hygiene Regulations 2005

Food Safety Act 1990

Food Hygiene Regulations 2005

Manual Handling Operations Regulations 1992 (amended 2002)

Reporting of Injury, Disease and Dangerous Occurrences Regulations 1995
(RIDDOR) Personal Protective Equipment at Work Regulations (PPE) 1992

Control of Substances Hazardous to Health (COSHH) 2002

The Electricity at Work Regulations 1989

Lifting Operations and Lifting Equipment Regulations (LOLER) 1998

Environmental Protection Act 1990

Company Policies and Procedures for Health and Safety

1. 2 Explain the main points of health and safety policies and procedures agreed with the employer. There are a number of points with regard to the health and safety policies and procedures but the main points are to ensure the safety of residents and staff alike. By following these you can maintain a safe place of work and it enables you to maintain the health and safety requirements. E. g. Hazardous substances are to be locked away, all exits and entrances kept clear to reduce any potential accidents, equipment which

is used is tested and any fire alarm system is maintained and tested regularly. Regular training is and provided to staff i. e. Health & Safety, Manual Handling, COSHH, RIDDOR, and Data Protection though there are many others that could be relevant . staff are aware of whom to report and equipment problems, maintenance safety issues to. .

1. 3 Analyze the main health and safety responsibilities of; For myself Health and safety is my responsibilities as a shift leader and I must ensure not only the safety of my self but also of those about me who maybe affected by what I do . Adhering to policies and procedures in relation to health and safety, facilitating the health and safety of tenants, visitors and staff by reducing risks or possible harm, ensure equipment is used correctly and has been provided i. e. PPE, it is also important that any incidents or concerns are reported correctly to the manager, We all have the overall duty to protect the health and safety of staff, residents and others who may be affected; managers have the responsibility to ensure that staff are trained and are aware of their responsibilities, they must ensure that staff adhere to safe standards and working methods ensuring that any available and appropriate equipment I used so that risks can be reduced.

1. 4 Identify specific tasks in the work setting that should not be carried out without special training. Using equipment, manual handling, food preparation, administering medications, first aid, handling chemical substances all of these are not be carried out without the correct training.

2. 1 Use policies and procedures or other agreed ways of working that relate to health and safety. I always follow policies and procedures and agreed

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ways of working. I help to develop risk assessments associated with health and safety. I take the Lead position when using equipment such as hoists, to ensure and any those I am working with know what they are doing, e. g. when dealing with a tenant with weight issues and the specialist equipment is used. if I had issues regarding health and safety I would seek advice from my manager or other relevant professional. 2. 2 Support others to understand and follow safe practices.

I support others to understand by explaining the reasons why safe practices should always be followed. For example if the cleaner has mopped one of the rooms which is frequently used I ensure that sign is placed in an appropriate position for everyone to be aware of the risk associated with a wet floor. An example would be if I see staff not following correct manual handling procedures. I would point out the individuals handling procedure and make them aware of the consequences of their actions. 2. 3 Monitor and report potential health and safety risks.

As a shift leader I monitor and report any health and safety risks whilst at work. For example I monitor when in their flats i. e. when moving around, preparing food, to ensure their safety. I also report to the house manager or manager any type of potential health and safety risks for example; I recently brought to the manager's attention that a ceiling hoist support pole was out of alignment, and that it would need rectifying before it could be used again.

2. 4 Use risk assessment in relation to health and safety.

Risk assessments are used to identify potential harm to an individual or persons. This identifies the possibility of a hazards and helps to reduce the

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possibility of harm, they are put in place to safeguard individuals. Risk assessments are reviewed and can be added to or changed if necessary.

2. 5 Demonstrate ways to minimise potential risks and hazards. Communication and observations, when arriving on shift I will ask if there are any new or recent adjustments to any risk assessments in place. While on shift I follow policies and procedures and ensure that others are also aware of their roles and responsibilities regarding health and safety issues.

2. 6 Access additional support or information relating to health and safety. There are many ways that I can access additional support or information relating to health and safety. by reading house policies and procedures, senior members of staff, the manager, government websites, organisational regulatory bodies, trained professionals, health and safety representatives or the library.

3. 1 Describe different types of accidents and sudden illness that may occur in own work setting. There are potentially many different types of accidents and sudden illness that may occur in my work setting to the residents, staff or others. All the residents are older persons and some have problems with their mobility, sight and hearing. Some have varying stages of a dementia and are vulnerable. Accidents could involve trips, falls, cuts, burns, bruises and back injury due to incorrect manual handling procedures. Illnesses that may could include heart attack, diabetic emergency, and allergic reaction, stomach upset by food, sickness and diarrhoea, loss of consciousness, difficulty breathing or an asthma attack. All accidents that happen in work are recorded in the accident report book.

4. 1 Explain own role in supporting others to follow practices that reduce the spread of infection. As a shift leader it is my responsibility that policies and procedures are adhered to in regards to reducing the spread of infection. It is my responsibility to ensure my own health and hygiene and good practice prevents the spread of infection. Professionals have said that the most important way to reduce the spread of infections is by washing your hands frequently and that people who live in a care setting are at a higher risk of infections because they all live together and share communal areas. Inadequate hand washing and dirty or contaminated fabrics can spread infection, I ensure that all the carers staff follow the correct procedures for infection control at all times. My manager provides training in these areas. At the start of my shift I always ensure that I have sufficient PPE available in relevant areas. I set a good example by using PPE in different aspects during my shift for example, i. e. preparing and administering medications, personal care needs, laundry duties, food preparation and serving food. Though PPE is used it cannot stop everything such as airborne infections. I try to ensure that tissues are readily available in case of sneezing or coughing and I support others to do the same.

5. 1 Explain the main points of legislation that relates to moving and handling. Moving and handling people within the care environment is a regular task, the hazards involved in manual handling should be avoided and if in any difficulty it should be reported to ensure safety for all involved. The main points of the legislation are Taking appropriate action to prevent/minimise any risk of injury to yourself, or that of others. All equipment must be regularly maintained and or tested.

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Working practices should be followed and any equipment used correctly giving specific training. Adhering to any risk assessments that have been put into place.

5. 2 Explain principles for safe moving and handling.

Within the care sector manual handling is part of the job, the following are some safe principles, Always ensure appropriate training has been provided; this is to ensure knowledge has been given to minimise risk of injury. Heavy or awkward loads should be moved using a maneuvering aid; to maneuver safely minimising risk of injury. All equipment should be readily available and safe to use if needed; to ensure the safety of all involved minimising risk of injury whilst using it. Always make sure the route is clear of obstructions; to minimise risk of injury. When picking up and carrying always:

Assess the situation first;

Stand as close as possible, with feet spread slightly apart to shoulder width.

Bend knees and keep back straight, hold onto the load firmly keeping it close to the body, stand smoothly upright using leg muscles to reduce strain on back, never carry a load above head height, carry the load close to the body and at all times avoid twisting the body. If at any stage it appears uncomfortable - stop and seek advice. Using these methods minimise injury to the body. When moving an individual always check,

Do they need to be moved?

Has the individual been told that they are going to be moved? Will they need assistance?

Will help be needed?

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Is the individual heavy?

Will a manoeuvring aid be needed?

Are there obstacles in the way?

Is there enough space around to safely manoeuvre?

Is everyone involved wearing suitable clothing and footwear? The principle for assessing first is to minimise injury to all involved. Evaluate the task by assessing the load, task, environment or individual. Working practices should be followed and equipment used correctly. This complies with legislation and company policies and procedures for safeguarding own health and safety and that of others.

6. 1 Describe types of substances that might be found in the work setting.

There are many hazardous substances that may be within my work setting these could include medicines, cleaning products, body waste, and paint.

Hazardous substances can affect the body in many ways even a little splash in someone's eye could cause damage. Staff are aware of the law regarding hazardous substances and are trained ensuring the health and safety of themselves and others. All hazardous substances are safely locked away in appropriate cupboards

6. 2 Observe

7. 1 Describe practices that prevent fires from: Starting: Spreading A fire needs three components to start, these being an ignition source , fuel and oxygen. Starting: There are many factors that could initiate a fire an unattended cigarette, electrical appliances, overloaded sockets, paper or other combustible substances', Heat source, In order to prevent a fire you

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need to be to identify what could start a fire. If possible safely deal with it and report it as preventative measures will need to be put in place to minimise the risk of it happening again. In my work place measures are put in place.

These follow the legislation, policies and procedures, all staff are provided with training if fire should take place. Any concerns should be dealt with promptly. Spreading: Where I work we have an automatic fire door closure system the doors are never propped open complying with legislation policies and procedures. Electrical equipment is PAT tested and fire extinguishers are in designated obstruction free areas which also get tested. 7. 2 Observation: When in work whilst moving around the complex and tenants flats I would be observing to make sure that fire exits are clear, no build up of rubbish or inappropriate storage or anything that might constitute a possible risk.

7. 3 Explain emergency procedures to be followed in the event of a fire in the work setting. Within my work setting the procedure to follow in the event of a fire is to: Raise the alarm, if appropriate select appropriate fire extinguisher and put fire out evacuate to designated assembly points our system automatically summons the emergency services, never re-enter the building unless fire officers say it is safe to do so. 7. 4 Ensure that clear evacuation routes are maintained at all times. Staff are aware of legislation, policies and procedures and in the event of a fire to ensure that evacuation routes are clear at all times. All fire escape doors are regularly checked and have alarms fitted to them. I regularly check the evacuation routes are

clear . If obstructed I would clear it, or get assistance if necessary. 8. 1

Observe

8. 2 Observe

8. 3 Explain the importance of ensuring that others are aware of own whereabouts. It is important to always let others know where you are within a workplace example; I work in a housing complex, if I went to another block without letting anybody know and a fire broke out nobody would know where I was. This could put others in danger trying to find me and waste time. Or another example, I often work nights alone at the start of the night shift I would phone another local project to advise who was on night shift, if I were to be called out in the night I would then phone the other project to tell them where I was going and if necessary keep them on the line until callout cleared. 9. 1 Describe common signs and indicators of stress.

There are many signs and symptoms of stress which can affect the mind, body and behaviour and everyone experiences stress in some way. One of the most common is that of feeling undervalued or not appreciated, worrying, short temper, lack of concentration, loneliness or general unhappiness. The usual symptoms that can affect the body could include headaches, aches and pains diarrhoea, increased heart beat or chest pain, vomiting or nausea, frequent colds. Common behavioral signs could include being angry, smoking, increased alcohol consumption, not eating or over eating, not sleeping or sleeping too much, loss of sex drive, neglecting responsibilities, nail biting or

pacing or other nervous habit. 9. 2 Describe signs that indicate own stress.

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Signs that indicate my own stress include inability to relax, loss of appetite, not sleeping, short temper, negative thoughts i. e. why it is always me?

9. 3 Analyse factors that tend to trigger own stress.

Factors that tend to trigger my own stress include People expectations, no time to do everything.

9. 4 Compare strategies for managing stress.

There are many ways of managing stress which could include having a supportive network, family or friends and/or work colleagues. Another way could be improving your confidence also being able to calm down quietly enabling you to deal with negative feelings. I am aware of what triggers my own stress at work so I try to limit or avoid situations that cause me stress. E. g. at the beginning of my shift I will familiarise myself with what has to be done and what has been done. If a conflict arises I would try to deal with it in a professional manner. I always try to ensure that I do take my time and take regular breaks and step back when I feel the something is starting to make me feel anxious in order to relax.