

# Caring for Yourself While Caring for Others

## Module 2: Tips for Reducing Strains, Sprains, and Falls While Doing Housekeeping and Caring for Clients



## PARTICIPANT HANDOUT

**Practical Tips for Homecare Workers**

**STAY SAFE AT WORK**

**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health





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<http://www.cdc.gov/niosh/docs/2015-102/default.html>

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# Module 2: Tips for Reducing Strains, Sprains, and Falls While Doing Housekeeping and Caring for Clients

## Participant Handouts

### Learning Objectives:

By the end of this training, you will be able to do the following:

- Outline the possible risks from reaching, pushing, and carrying while housekeeping and caring for clients.
- Describe strategies and tools to reduce risks.
- Explain safe moving and transfer techniques.
- Demonstrate positive problem-solving with clients.

### Workshop at a Glance

Activity	Time
1. Welcome and Introductions—Risks for Strains and Sprains When Doing Housekeeping and Providing Personal Care	45 minutes
2. Trip, Slip, and Fall Risks in Homes	15 minutes
3. Recalling Safe Moving and Transfer Techniques	25 minutes
4. Talking About and Problem-solving Risks with Clients	30 minutes
Total Time	1 hour, 55 minutes

## Sprains, Strains, and Break Risks While Housekeeping and Providing Personal Care

<b>Risk Factors</b>	<b>Tasks/Circumstances with Risks</b>	<b>Strains and Sprains You've Experienced</b>
<p>Repeated or ongoing activity without rest—when a job has you using the same set of muscles in the same motion over and over; or when there isn't enough time for your body to recover from demanding, hard work.</p>		
<p>Forceful exertion—when you have to keep using a lot of force to lift, push, or pull; or what you're moving is too heavy.</p>		
<p>Awkward or fixed posture—when you have to hold an uncomfortable position—bending, twisting, stooping, reaching, gripping, working overhead—for a long time; or when you have to stay in one position for long periods.</p>		
<p>Direct pressure—when your body, and sensitive areas like the sides of your fingers, palms, wrists, forearms, elbows, and knees, are pressed against hard surfaces.</p>		

### Strategies We Learned to Reduce the Risks

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Strategies to Reduce Strain and Sprain Risks  
While Housekeeping and Providing Personal Care



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# Module 2: Tips for Reducing Strains, Sprains, and Falls While Doing Housekeeping and Caring for Clients

## Participant Handouts

### Trip, Slip, and Fall Hazards In and Around Homes



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### Strategies to Reduce Trip, Slip, and Fall Hazards



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### **Assisting Clients to Move and Transfer**

<b>Do's!</b>	<b>Don'ts!</b>

## **Effective Problem Solving with Your Client**

You have been working for Mrs. Larkins for 7 months, and it is going well. She has a heart condition and osteoporosis, and she has had a hip replaced. She has insisted that you mop the bathroom and kitchen floors on your hands and knees, although you had told her it was your agency's policy that you use a mop. She insisted that the floor wouldn't get *really* clean with a mop, and you gave in because it seemed to mean so much to her. Your knees have been giving you trouble lately, and when you do the floors once a week, they ache until the next day.

<b>Step A:</b> Plan the discussion.	
<b>Step B:</b> Be respectful—make a request, not a demand.	
<b>Step C:</b> Use “I” statements. Describe your concern, how it affects you, and what the impact might be on you and the client.	
<b>Step D:</b> Listen. See the issue from the client's point of view.	
<b>Step E:</b> Consider several solutions beyond your first choice.	
<b>Step F:</b> Know your bottom line.	