



Health and Safety in Health and Social Care



Safeguarding

Protecting a person's health, wellbeing and human rights; enabling them to live free from harm, abuse and neglect. Safeguarding children, young people and adults is everyone's responsibility.



Manual handling

Manual handling means the carrying, pushing, pulling or lowering of loads. This involves lifting, carrying, lowering or otherwise moving a load by hand or bodily force.



Accidents and sudden illness (infection control)

If an accident or sudden illness happens you must ensure the safety of the individuals concerned and everyone else who may be affected.



Emergency procedures

An emergency is any situation that requires an immediate police, fire, coast guard or medical response to preserve life or property



Equipment

You will use different equipment such as hoists and lifts. It is important you know how to use these safely and correctly.



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Food
handling and
preparation

You will need to be able to prepare food that is safe for individuals to eat and prevent causing food poisoning.



Medication

There is legislation and guidance that controls the prescribing, dispensing, administration, storage and disposal of medicines



Personal Care

Personal care is the support and supervision of daily personal living tasks and private hygiene. If you're caring for someone, make sure to protect their safety as well as your own.



First Aid

You should not attempt first aid without training as you could make their condition or injury worse. If you have not been trained, you should get help from a qualified first aider or call an ambulance.



Hand washing
and PPE

The simple act of cleaning your hands can prevent the spread of germs, including those that are resistant to antibiotics.



Which tasks require special training?

