

## Helping care workers avoid strain injuries

Your care worker is more likely to be injured if you need help with toileting, bathing, dressing or getting in and out of bed or a chair.

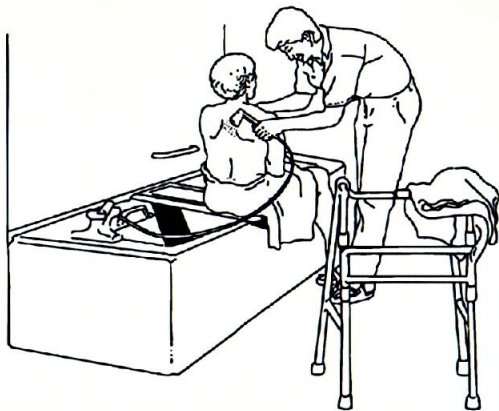
In these cases, you need to get equipment and/or clothing that will help your care worker assist you without hurting you or themselves. Your health care team will tell you more about what is required.

### Examples of equipment

- Overhead lift for the bed
- Grab bars in the bathroom
- Raised toilet seat
- Bath transfer bench/hand-held shower head

### Examples of adaptive clothing

- Back-opening nightgowns, shirts, and dresses
- Side-opening pants



## For more information

If you have any questions or concerns about the information in this brochure, contact your care agency:

The agency may have additional requirements not outlined in this brochure. If so, the agency will review these with you.

If you have questions about workplace health and safety or your responsibilities, call the WorkSafeBC Prevention Information Line at:

**1 888 621-7233**

Help keep your care workers  
safe and healthy!

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worksafebc.com

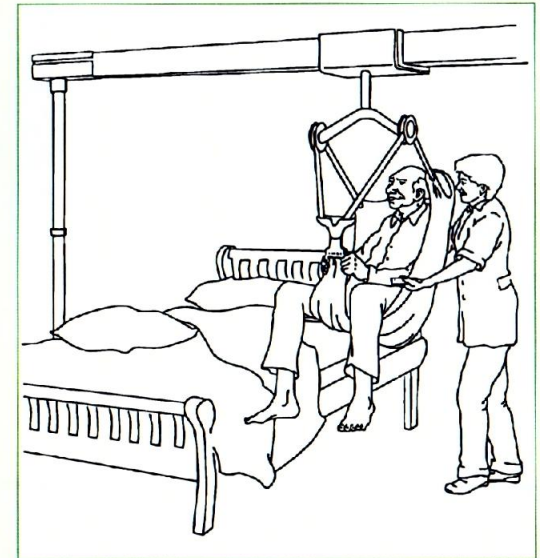


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# MAKE YOUR HOME SAFER FOR CARE WORKERS



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## Why your home needs to be safe for care workers



Under the *Workers Compensation Act*, all workers are entitled to a safe workplace. It is up to you to ensure that your home provides a safe and healthy place where your care workers can work and assist you to remain at home.

This brochure will help you prepare your home for every visit by a care worker.

Talk to your care agency if you have questions on what you need to do to make your home safer for your care workers.

### Top three causes of care worker injuries

1. Helping clients move
2. Falls
3. Aggressive behaviour

## Make sure you are ready each time your care worker visits

### Outside your home

- Keep driveway, sidewalks, stairs and ramps free of ice, snow, moss, or clutter
- Make sure stairs have handrails
- Keep walkways and entrances well lit
- Provide parking as close to your home as possible

### Inside your home

- Make sure floors are not slippery and area rugs have non-slip backing
- Keep hallways, stairs and other walking areas clear of clutter
- Make sure your care worker can walk around both sides of your bed

### Smoking and alcohol

- Stop smoking at least 1 hour before the visit, and do not smoke during the visit
- Do not drink alcohol or use street drugs before or during the visit

### Pets

- Keep pets under control (on a short leash or locked in a separate room)

### Family and visitors

- Let your care worker know if there is anyone else in your home

### Used needles

- Dispose of used needles in a puncture-resistant container

### Guns and weapons

- Store guns and other weapons safely

## Treat your care worker with respect

Sometimes you may not agree with your care worker. Please do not yell or swear at, threaten, hit or grab your care worker. If your care worker feels threatened or unsafe, she or he can refuse to provide you care.

Your care worker has a limited amount of time to provide a given service. Any additional work you want done must be approved by the care agency.

If you have concerns with the services provided, or with the care worker, contact the agency.