

# Home Care Workers: Good Practices

English version



Occupational Risk Prevention  
For Employees

# ARRIVING AT WORK – GOOD HABITS

## Workwear

### Prefer:

- ▶ Wearing a smock or work apron.
- ▶ Closed, non-slip shoes.
- ▶ Comfortable clothing.
- ▶ Wearing gloves provided by the employer or client.
- ▶ Tying back your hair.



### Avoid:

- ▶ Wearing street clothes, especially loose-fitting ones.
- ▶ Wearing scarves or jewelry.
- ▶ Wearing high heels.
- ▶ Wearing skirts or dresses.



## Communication Logbook

### Prefer:

- ▶ Reading the instructions and notes from other caregivers or family members.
- ▶ Leaving professional comments if necessary.



## Clean Hands

### Prefer:

- ▶ Washing hands for 30 seconds and drying them well:
  - ⇒ When arriving
  - ⇒ Between each task
  - ⇒ Before leaving
- ▶ Using a moisturizing hand cream.



# PHYSICAL RISKS

## Assisting with Walking Indoors

### Prefer:

- ▶ The client's right forearm resting on your right forearm.
- ▶ Your left arm supporting their waist. This position helps stabilize the client in case of a stumble..



### Avoid:

- ▶ Walking arm-in-arm.



## Cleaning at Height

### Prefer:

- ▶ Using long-handled or telescopic tools (squeegee, duster).
- ▶ Using a secure step ladder if necessary.



### Avoid:

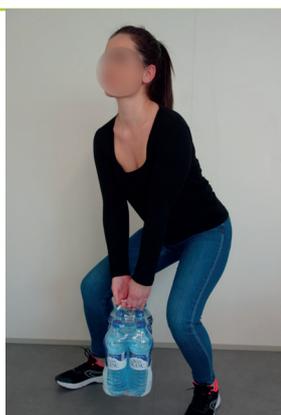
- ▶ Using a stool, lifting your arms, and working in an unstable position.



## Lifting Loads

### Prefer:

- ▶ Placing the load between bent knees.
- ▶ Keeping your back straight and eyes forward.
- ▶ Lifting with both hands.



### Avoid:

- ▶ Leaning sideways with straight legs to lift a load (e.g., water pack, bucket, shopping bag)..



# PHYSICAL RISKS

## Shopping

### Prefer:

- ▶ Using a shopping trolley.
- ▶ Keeping arms close to your body.



### Avoid:

- ▶ Overloading shopping bags.
- ▶ Carrying uneven weight in each arm.



## Cleaning Tasks

### Prefer:

- ▶ Long-handled broom (helps maintain an upright posture).
- ▶ Flat mop with microfiber wipes or a spin mop.



### Avoid:

- ▶ Using short-handled brooms (forces you to bend).
- ▶ Using a traditional mop.



## Ironing

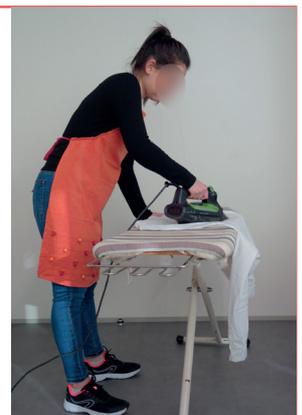
### Prefer:

- ▶ Standing upright with a straight back.
- ▶ Ironing with a 90° bent arm aligned with your body.
- ▶ Adjusting the table height to hip level and the task.



### Avoid:

- ▶ Bending over the table.
- ▶ Raising the elbow.
- ▶ Using a poorly adjusted table.



# PHYSICAL RISKS

## Meal Prep - Dishwashing

### Prefer:

- ▶ Standing with a straight back or sitting at the table.
- ▶ Keeping arms aligned with the body.
- ▶ Tip: If the sink is too deep, place an upside-down basin inside to avoid leaning.



### Avoid:

- ▶ Leaning over the table.
- ▶ Keeping your elbows too far from the body.



## RISKS RELATED TO ROUTE

- ▶ Plan your routes in advance.
- ▶ Use a backpack for walking move.
- ▶ If using a personal car for work, the insurance must be covered by the employer OR the employer must cover the additional insurance cost.

- ▶ Be careful when taking medication:

- ⇒ Always read the package insert.
- ⇒ Pay attention to warning pictograms:



Be careful. Do not drive without reading the instructions.



Be very careful. Do not drive without medical advice.



Danger! Do not drive. Ask a doctor before driving again.

## PSYCHOSOCIAL RISKS

**Examples: stress at work, violence, verbal abuse, aggression, harassment...**

- ▶ Report any change in the client's behavior.
- ▶ Check that the requested task appears in your job sheet. "I don't let work make me sick – I talk about it":
  - ⇒ With your supervisor or staff representatives.
  - ⇒ With your occupational health doctor or general practitioner.



## ELECTRICAL RISK

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- ▶ Report defective equipment to the client and employer.
- ▶ Do not touch lightbulbs.

## BIOLOGICAL RISK

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- ▶ Follow hygiene rules:
  - ⇒ Hand washing
  - ⇒ Hand sanitizer
  - ⇒ Workwear
  - ⇒ Gloves and mask if needed
  - ⇒ Follow additional barrier measures during epidemics.
- ▶ Ensure single-use gloves are available at each client's home.
- ▶ Ask a healthcare provider about recommended vaccinations (flu, tetanus...). Bring your health record to your medical checkup.
- ▶ Learn what to do in case of blood exposure (e.g., needlestick injury, soiled bandages).

## CHEMICAL RISK

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- ▶ Be careful when using chemical products: wear gloves and ventilate the room.
- ▶ NEVER mix products (e.g., bleach + acid = toxic gas!).
- ▶ Keep products in their original containers.
- ▶ Learn the hazard pictograms to identify dangerous products:



Corrosive



Gas under pressure



Health hazard /  
Environmental hazard



Explosive



Flammable



Hazardous to  
environment



Oxidizing



Serious health hazard



Toxic



## LEARN MORE

For any questions, contact your occupational physician or the multidisciplinary team of your Occupational Health and Prevention Service

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