

SCDHSC0022

Support the health and safety of yourself and individuals



Overview

This standard identifies the requirements when keeping yourself and individuals safe and secure within a work setting where children, young people or adults are cared for or supported. This includes carrying out health and safety checks before you begin work activities, ensuring your actions support health and safety, and taking action to deal with emergencies.

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Performance criteria

You must be able to:

Carry out health and safety checks before you begin work activities

- P1 make sure that you are aware of the setting's health, safety and security procedures before you begin work activities
- P2 check any risk assessments relating to work activities before you begin
- P3 use risk assessments to plan and carry out your work
- P4 examine the areas in which you work and any equipment to be used, to ensure that they are safe and **hazard** free and conform to legal and work setting requirements for health and safety
- P5 wherever possible, remove hazards that might pose a health and safety **risk** to yourself and other people
- P6 report any health and safety issues as required in the work setting

Ensure your actions support health, safety and security in the place where you work

You must be able to:

- P7 operate within the limits of your own role and responsibilities in relation to health and safety
- P8 follow requirements of the work setting to ensure that people know where you are at all times
- P9 ensure that your own health and hygiene do not pose a threat to others
- P10 while working with **individuals**, take account of their preferences and needs when you ensure their health and safety and your own
- P11 check that people who are present have a right to be there
- P12 check for hazards and health, safety and **security risks** whilst you are working
- P13 take appropriate action if you identify the likelihood of an **accident**, injury or harm
- P14 work with others to minimise potential risks
- P15 use **approved methods and procedures** when undertaking potentially hazardous work activities
- P16 report any health and safety issues in the place you are working that may put yourself and others at risk
- P17 complete health, safety and security records according to legal and work setting requirements
- P18 seek additional support to resolve health and safety problems when necessary

Take action to deal with emergencies

You must be able to:

- P19 take appropriate and immediate action to deal with **health and**

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environmental emergencies

- P20 summon assistance appropriate to the emergency
- P21 support individuals during the emergency
- P22 provide assistance within your own competence until someone who is qualified to deal with the emergency is available
- P23 support others who may be affected by the emergency
- P24 report on emergencies according to legal and work setting requirements

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Knowledge and understanding

You need to know and understand:

Rights

- K1 work setting requirements on equality, diversity, discrimination and rights
- K2 your role in supporting rights, choices, wellbeing and active participation
- K3 your duty to report anything you notice people do, or anything they fail to do, that could obstruct individuals' rights
- K4 the actions to take if you have concerns about discrimination
- K5 the rights that individuals have to make complaints and be supported to do so

How you carry out your work

You need to know and understand:

- K6 codes of practice, standards, frameworks and guidance relevant to your work and the content of this standard
- K7 the main items of legislation that relate to the content of this standard within your work role
- K8 your own background, experiences and beliefs that may affect the way you work
- K9 your own roles and responsibilities with their limits and boundaries
- K10 who you must report to at work
- K11 the roles and responsibilities of other people with whom you work
- K12 how to find out about procedures and agreed ways of working in your work setting
- K13 how to make sure you follow procedures and agreed ways of working
- K14 what you should do when there are conflicts and dilemmas in your work
- K15 how and when you should seek support in situations beyond your experience and expertise

Health and Safety

You need to know and understand:

- K16 your work setting policies and practices for health, safety and security
- K17 practices that help to prevent and control infection in the context of this standard

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Safe-guarding

You need to know and understand:

- K18 the duty that everyone has to raise concerns about possible harm or abuse, poor or discriminatory practices
- K19 signs and symptoms of harm or abuse
- K20 how and when to report any concerns about abuse, poor or discriminatory practice, resources or operational difficulties
- K21 what to do if you have reported concerns but no action is taken to address them

Handling information

You need to know and understand:

- K22 legal requirements, policies and procedures for the security and confidentiality of information
- K23 work setting requirements for recording information and producing reports including the use of electronic communication
- K24 what confidentiality means
- K25 how to maintain confidentiality in your work
- K26 when and how to pass on information

Specific to this NOS

You need to know and understand:

- K27 legislation and work setting procedures to prevent and control infection
- K28 aspects of your own health and hygiene that can help prevent the spread of infection
- K29 legislation and work setting requirements for dealing with incidents and emergencies
- K30 different kinds of incidents and emergencies that may arise in your work setting
- K31 your responsibility for keeping yourself and others safe within your work role and environment
- K32 additional hazards to consider when working alone
- K33 how to take responsibility for your own health and wellbeing
- K34 practices for safe moving and handling
- K35 approved methods and procedures for potentially hazardous activities you undertake at work
- K36 national and local guidance on falls prevention and factors that impact on falls

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Additional Information

Scope/range relating to performance criteria

The details in this field are explanatory statements of scope and/or examples of possible contexts in which the NOS may apply; they are not to be regarded as range statements required for achievement of the NOS.

Note: Where an individual finds it difficult or impossible to express their own preferences and make decisions about their life, achievement of this standard may require the involvement of advocates or others who are able to represent the views and best interests of the individual.

Where there are language differences within the work setting, achievement of this standard may require the involvement of interpreters or translation services

An **accident** may be a major or minor incident that is unforeseen and causes injury; accidents may be due to falls; hazards in the environment; illness; disability; weaknesses; sensory and cognitive impairment; frailty

Approved methods and procedures may include using correct moving and handling techniques; wearing correct personal protective clothing appropriate to the situation, environment and activities; using and storing equipment and materials safely; dealing with spillages safely; safe disposal of waste; safe handling of food; effective hygiene practices

Health and environmental emergencies may relate to fire, security, serious accidents, minor accidents or first aid

A **hazard** is something with potential to cause harm

The **individual** is the person you support or care for in your work

A **risk** takes account of the likelihood of a hazard occurring and may include the possibility of danger, damage or destruction to the environment and goods; the possibility of injury and harm to people

Security risks may include bomb scares; intruders; missing people; lost keys

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Scope/range relating to knowledge and understanding

All knowledge statements must be applied in the context of this standard.

Values

Adherence to codes of practice or conduct where applicable to your role and the principles and values that underpin your work setting, including the rights of children, young people and adults. These include the rights:

- To be treated as an individual
- To be treated equally and not be discriminated against
- To be respected
- To have privacy
- To be treated in a dignified way
- To be protected from danger and harm
- To be supported and cared for in a way that meets their needs, takes account of their choices and also protects them
- To communicate using their preferred methods of communication and language
- To access information about themselves

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