

Basic Health & Safety #1

This training is required for all staff being certified as a Direct Service Provider (DSP), and must be completed within 120 days of employment. The curriculum is from the Department of Human Services (DHS) training program for DSPs.

Purpose of this training:

To educate staff on the following: activities of daily living, personal care, hygiene, body mechanics and positioning, nutrition, diets, eating, and food safety.

Training outline:

Activities of Daily Living:

- Principles of support
 - Safety
 - Environmental safety issues
 - Privacy
 - Dignity
 - Communication
 - Staff
 - Participant
 - Involved family members/guardians
 - Infection control
 - Washing hands
 - Wearing gloves
 - Cleaning up
 - Sanitizing
 - Disinfecting
 - Independence
 - Recognition
 - Signs and symptoms
 - Intervention
- Level of assistance
 - Totally dependent
 - Physical assistance
 - Hand over hand
 - Modeling
 - 4 or more prompts
 - 2-3 prompts
 - 1 prompt
 - Total independence
 - Graduated physical guidance
- Positive feedback
 - Examples
- Assisting with oral hygiene
 - Checking inside of mouth
 - Tooth brushing

- Flossing
- When to seek non-routine dental care
- Denture care
- Menstrual assistance
- Bathing
 - Perineal care for females
 - Perineal care for males
- Bed bath
- Shampooing hair
- Incontinence
- Shaving
 - Shaving with non-electric razor
 - Shaving with electric razor
- Cleaning & trimming nails

Cognitive & Physical Development and Sexuality:

- Physical growth
- Cognitive growth
- Perceptual-motor growth
- Environment
- Human reflexes and senses
- Human sexuality
 - Definitions
- Sexual development
- Exercise and wellness
 - Healthy Lambs program (offered through Lambs Farm Recreation department)
- Aging
 - Health initiatives help all people live longer
 - Example: Biological research shows that people with Down's syndrome age approximately 20+ years faster than their cohorts.
 - Skeletal changes with Osteoporosis
 - Issues with Alzheimer's disease
 - Symptoms of a grieving person

Eating & Food Safety:

- Preparing the environment
- Preparing Participants for mealtime
 - Model hand washing and sanitary techniques
- Serving Participants
 - Food allergies
 - Dietary restrictions – menus and portions
- Encourage independence
- Body positioning
- Communicating during the meal

- Assisting a Participant with eating
- Possible signs of aspiration
- Why mealtime is important
- Special mealtime needs of Participants
- How meals provide sensory pleasure
- Meals provide and opportunity for social interaction
- Meals provide structure to the day
- Things to encourage
- Diets provide nutrition
- Major classes of nutrients
 - Food pyramid – balanced diet
- Guidelines for providing fluids
- Diet modifications
- Use of nutritional supplements
- Sanitation guidelines
- Food storage
- Taking food temperatures
- Nutrition labels

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