



June 8, 2016

Dear Colleague:

Our nation's growing direct-care workforce now includes nearly 4 million homecare workers. Reflecting the increasing need for homecare workers as the number of older adults continue to grow in the US, homecare is one of this country's most rapidly expanding industries.

Home healthcare workers, while contributing greatly to the well-being of others, often face unique risks on the job to their own personal safety and health. These dangers may include injury from lifting or transferring clients; slips, trips or falls; exposure to blood and injections; exposure to verbal abuse and other forms of violence in the client's home or community; and the related stress that the job produces.

To assist homecare agencies and trainers in meeting the health and safety training needs of homecare workers, NIOSH has released the free and active training curriculum, [\*Caring for Yourself While Caring for Others\*](#). The activities in the curriculum are designed to encourage participants in promoting safe and healthy work environments—for their clients and for themselves. Through the training, homecare workers and homecare agencies learn to recognize hazards commonly encountered in homecare workplaces and to apply practical solutions to manage risks and improve safety.

Each of the seven modules are free and include a trainer's guide, customizable PowerPoint slides, and participant handouts. Use all of the modules as a complete training course or select individual module components to supplement your existing training. The seven modules include:

- Introduction to Homecare Health and Safety
- Reducing Strains, Sprains and Falls
- Reducing Risk from Environmental Exposures
- Reducing Exposure to Bloodborne and Other Infectious Diseases
- Staying Safe When Working With Clients With Dementia
- Setting Healthy and Safe Boundaries to Reduce Stress; and
- Safely Handling Threatening Behavior When Providing Homecare.

Share this valuable resource with your colleagues and download this free training curriculum at <http://www.cdc.gov/niosh/docs/2015-102/> to enhance worker safety and health and to strengthen the work force of your organization.

The NIOSH curriculum materials are not meant to represent nor describe OSHA policy. For OSHA resources, including training and other measures that may be required by OSHA standards, e.g. Bloodborne Pathogens and Hazard Communication, please visit OSHA's home healthcare topic page at [https://www.osha.gov/SLTC/home\\_healthcare/](https://www.osha.gov/SLTC/home_healthcare/). There are 28 OSHA-approved occupational safety and health State Plans. State Plans are required to have standards and enforcement programs that are at least as effective as federal OSHA's and may have different or more stringent standards. More information about State Plans is available at: <http://www.osha.gov/dcsp/osp/index.html>.

We hope this information helps you to enhance worker safety and health. Thank you for your commitment to safety and health in the workplace.

Sincerely,

Dr. David Michaels  
Assistant Secretary of Labor  
Occupational Safety and Health Administration

Dr. John Howard  
Director  
National Institute for Occupational Safety and Health