



Service Priorities and Programmes Electronic Presentations

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Work Together, Stay Health and Well-being

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Introduction

As we all know, employers and employees have the responsibility to cultivate a safety and healthy workplace free from the potential hazards. And the Patientcare Assistants (PCA) are required providing care to fulfill patient's basic needs. However, it is a heavy and frequently repetitive manual labor work. Moreover, the frequently repetitive manual labor work results in injuries at work are not uncommon in our Department. The major reason causing the injuries at work is due to a lack of the awareness of the health and safety behavior and the Occupational safety. Furthermore, creating a healthy workplace and promoting the healthy behavior is highly recommended by World Health Organization. As a consequence of the lack of awareness of the Occupational safety in our workplace, the report of the Manual Handling Operation (MHO) related injuries at work of staff is frequently. Moreover, the trend of the sick leave application related to injuries at work has been increasing. Therefore, an implementation program was recommended to raise awareness on the MHO related injuries prevention.

Objectives

1. To provide a healthy and safe working environment to the staff
2. To strengthen the safety awareness at work
3. To minimize the risk involved in MHO

Methodology

The program designed for two sections: Stretching exercise, and practical training.
Stretching exercises: In view of to focus on the nature of the practical MHO related work, field visit arranged for the response person of the Physiotherapy Department and the Occupation Safety and Health Department to tailor made a stretching exercise for the staff inside the unit, and allow the staff to perform it in a fixed time at each shift.
Practical training: All PCA require complete the online learning base MHO training course which provides by the Hospital Authority. Also, the preliminary risk

assessment focus on MHO related job tasks conducted, and based on the results, "Turning" was selected as the first topic on this program and conducted by nurses on three training session to demonstrate proper technique and remind all aware area.

Result

The compliance rates on the stretching exercise overall around 80%. The main reasons for not to process including the high occupancies and an unexpected condition inside the unit. On the other hand, all PCA pass the post-training quiz, but only one of them not pass the post-training audit on "Turning". After the training program, none of the Injury on Duty related to MHO was reported at this period. All PCA agree the exercise can reduce the strain, and some of them will carry out this exercise in their spare time. Furthermore, five of the PCA replied that the training course raise their awareness on MHO related issues, and make them will remind each other about the safety awareness.