

CARE PRINCIPLES

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

This comprehensive course introduces key principles in maintaining a safe, hygienic, and compliant care environment. Delegates will explore core responsibilities under health and safety law, the safe handling of food, and how to prevent infection and contamination in care settings. The course includes practical advice on manual handling, PPE, risk assessment, hygiene protocols, and common infections. Suitable for all staff working in health and social care.

Introduction

- Welcome, aims, and legal responsibilities (Health & Safety at Work Act, RIDDOR, COSHH)

Course Programme

- Accident prevention, risk assessment, and manual handling
- Food hygiene basics: contamination, temperature control, and safe storage
- Infection control principles: breaking the chain, hand hygiene, PPE
- Environmental cleaning, waste disposal, and outbreak control
- Practical application and review
- Summary, questions, and course evaluation

Suitable for:

Care



"For people living in care homes, infections can be serious, and in some cases, life-threatening." NICE