

# PREVENTING INJURIES FOR HOMECARE WORKERS WHO ASSIST THE ELDERLY AND DISABLED

## DID YOU KNOW?

NIOSH supports work to identify these health and safety hazards impacting home care workers and put in place measures to prevent injuries.

**FOR PRACTICAL TIPS  
FOR HOMECARE  
WORKERS, CLICK  
HERE**

**TO READ THE NIOSH  
HEALTH HAZARD  
EVALUATION REPORT,  
CLICK HERE**

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For questions, contact  
[coeh@berkeley.edu](mailto:coeh@berkeley.edu)

## THE NEED FOR HOMECARE WORKERS

- As baby boomers age, there is a **greater need for homecare workers who can take care of aging people in their own homes.**
- Yet injuries for homecare workers are a big problem that can result in worker shortages.

## COMMON INJURIES

- Back and shoulder injuries
- Sprains or broken bones from mopping and scrubbing or lifting or bathing elderly patients
- Skin rashes or asthma from using cleaning products; or exposure to infectious diseases

## TRAINING FOR HOMECARE WORKERS AND EMPLOYERS

- In Alameda County, **NIOSH funded research, publications, and training materials** to train homecare workers and their employers on common hazards and strategies to ensure safe working conditions.
- The materials developed for Alameda County were adapted by NIOSH for a national audience. Today, they are **used to train homecare workers and employers** (seniors, people with disabilities and their families) from around the country.
- **Keeping homecare workers healthy can help ensure aging seniors and people with disabilities are well cared for** in their own homes while they age.

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WHILE CARING FOR OTHERS [CLICK HERE](#)**