

Mandatory health and social care training outlines

The topics listed here are commonly accepted as compulsory subjects that all care staff must be trained in before they can work on their own with clients. These summaries show what is covered within each subject.

Administration of medication

- Government regulations
- Principles of safe handling
- Principles of choice
- Record keeping
- Competent care staff
- Preserving dignity and privacy
- Safe disposal
- Medicine storage
- Access to professional advice
- Controlled drugs
- Medicine administration
- Potential problems

Equality, diversity and inclusion

- Diversity in the UK
- Advantages of a diverse society
- Stereotyping
- Labelling
- Prejudice
- Behaviour and language
- Discrimination
- UK discrimination law
- Equality
- Different ideas, beliefs and religions
- Human Rights Act
- Conflicts with rights





• Overcoming bad practice

Fire safety awareness

- Main causes of fires in the workplace
- Main costs of fires in the workplace
- Duties and responsibilities in relation to fire safety
- Duties and responsibilities of managers/fire wardens
- Action to take in the event of a fire
- Fire Risk Assessment
- The Fire Triangle
- Active and passive fire risk control measures
- The use of portable fire-fighting equipment
- Ensuring fire safety equipment is serviceable
- Record, Plan, Inform, Instruct and Train

First aid awareness

- Managing incidents
- Monitoring vital signs
- Methods of assessment
- CPR
- Heart attack
- Stroke
- Seizures
- Choking
- Treating shock
- Severe external bleeding
- Accident reporting

Food hygiene

- Legislation requirements
- Common causes of food poisoning
- Microbiological hazards and pathogens
- Moulds and toxins
- Food poisoning bacteria
- Food-borne diseases
- Cross-contamination
- Personal hygiene
- Food handlers







Health and safety

- Workplace accidents and injuries
- Actions to take in the event of an incident
- Reporting and recording requirements
- The Law
- Employer and employee responsibilities
- Work securely
- Manual handling
- Communication responsibilities
- Fire safety
- Stress management
- Hazard and risk
- Risk assessment and risk control hierarchy
- Reducing accidents and ill health
- Procedures for emergencies and first aid
- Consequences of non-compliance

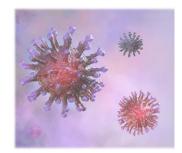
Infection control

- Definition, cause and spread of infection
- Pathogenic and parasitic micro-organisms
- Legislation, regulations and guidance
- Principles of infection control
- Handling, storage and disposal of waste
- Decontamination
- Typical infections

Mental Capacity Act and DoLS/Liberty Protection Safeguards

- What is the Mental Capacity Act 2005?
- Deprivation of Liberty Safeguards 2009
- What is mental capacity?
- Capacity definition
- The 5 Core Principles
- When to assess
- Testing capacity
- Best interests
- Staff liability







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- Recording practice
- Restraint
- Advance decisions
- Raising concerns and complaints

Moving and handling theory and/or practice

- Statistics
- The Law
- Anatomy and biomechanics
- Functions of the spine
- Vertebrae and the spine
- Causes of back pain
- Ergonomics and risk assessment
- TILE
- Controversial techniques
- Principles of safer handling

Safeguarding vulnerable adults

- Legislation
- Child abuse
- Vulnerable adults
- Duty of care
- Types of abuse
- Social norms and values
- Factors causing abuse
- Indicators and effects of abuse
- Complaints and abuse accusations
- Whistleblowing
- Support

Please contact us on 07904 954916 or email FHVILLAGECARE@peoplecareplus.co.uk for further information.



