

まんがでわかる



English

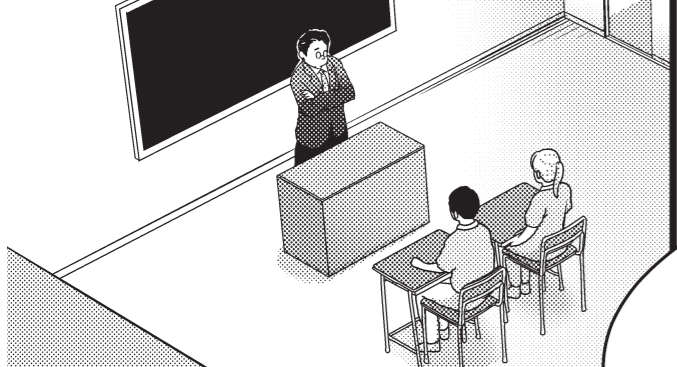
英語版

介護業の安全衛生

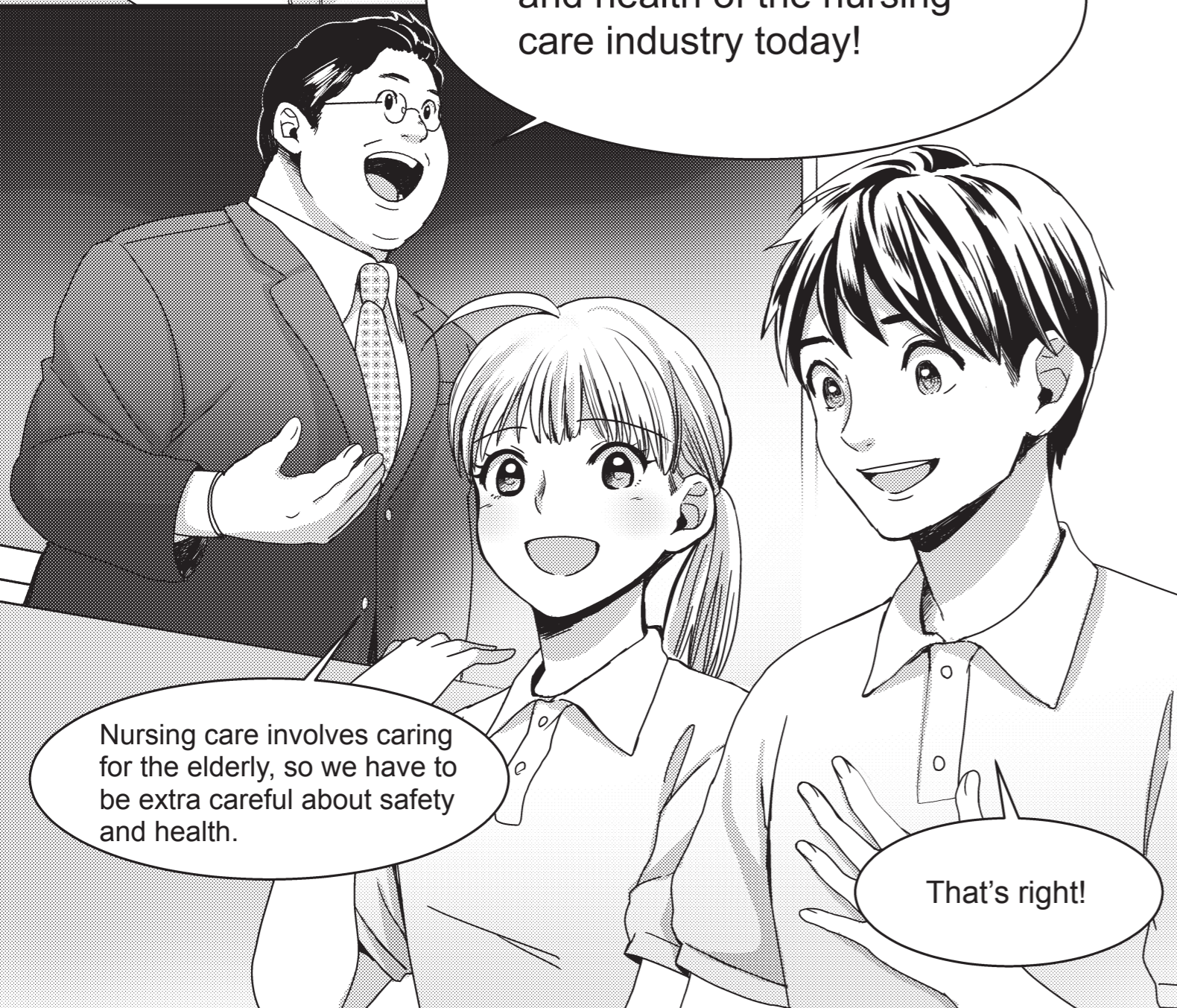
Learn Through Manga

The Safety and Health of the Nursing Care Industry



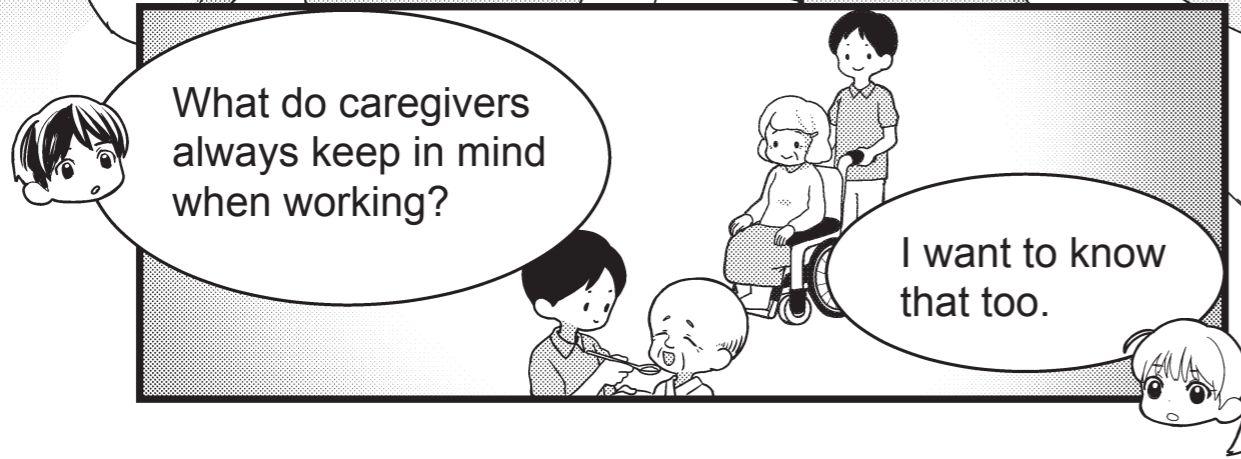


Let's learn about the safety and health of the nursing care industry today!



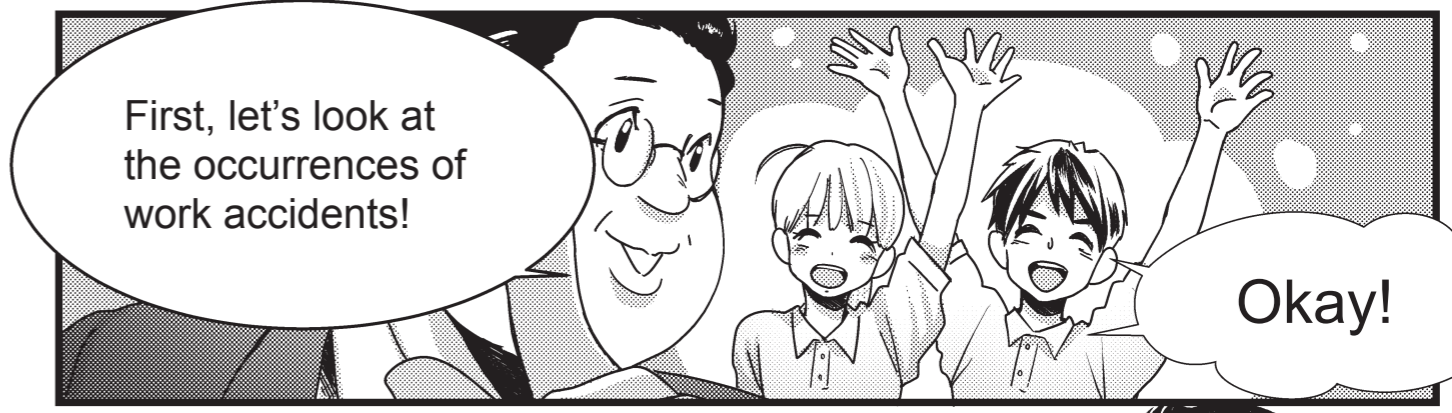
Nursing care involves caring for the elderly, so we have to be extra careful about safety and health.

That's right!



What do caregivers always keep in mind when working?

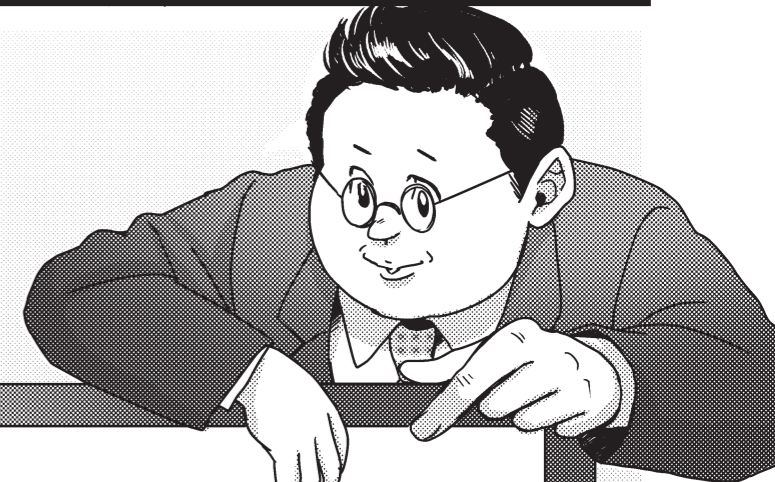
I want to know that too.



First, let's look at the occurrences of work accidents!

Okay!

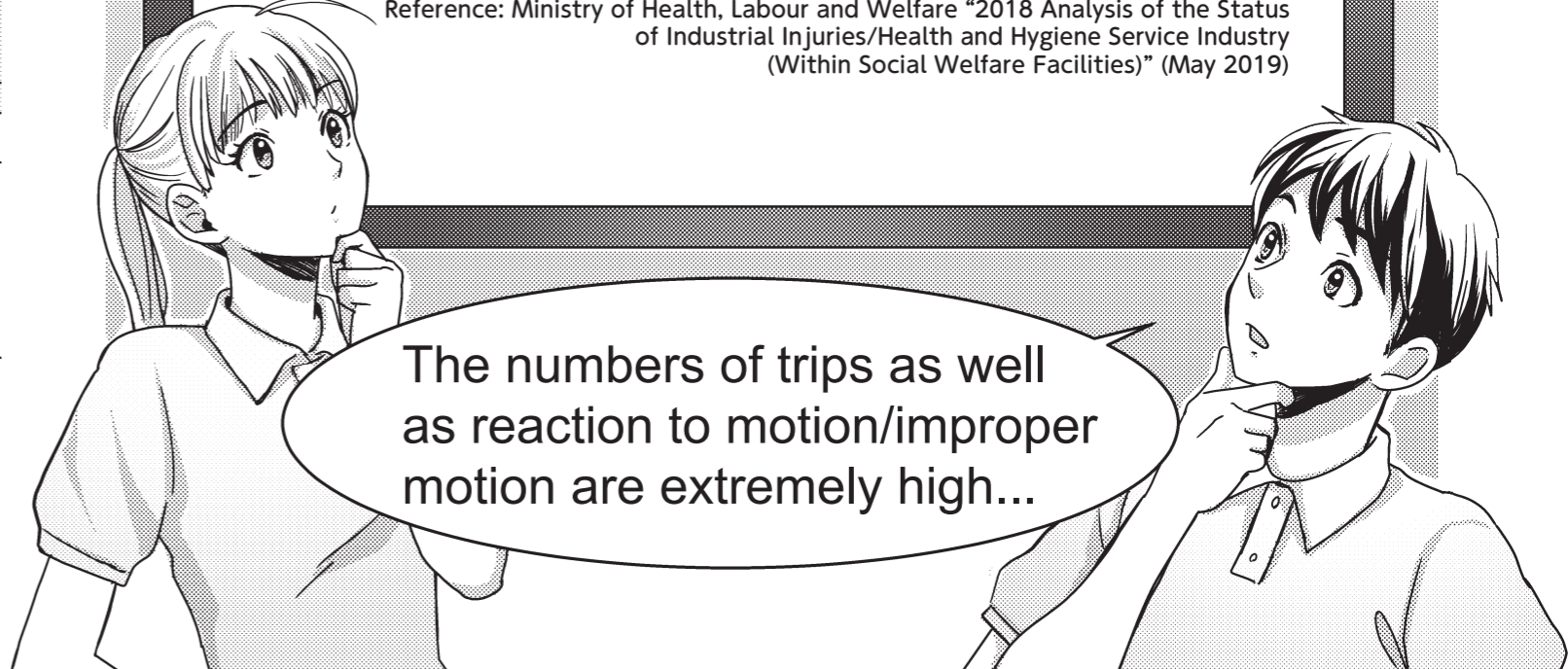
These are the main causes of work accidents.



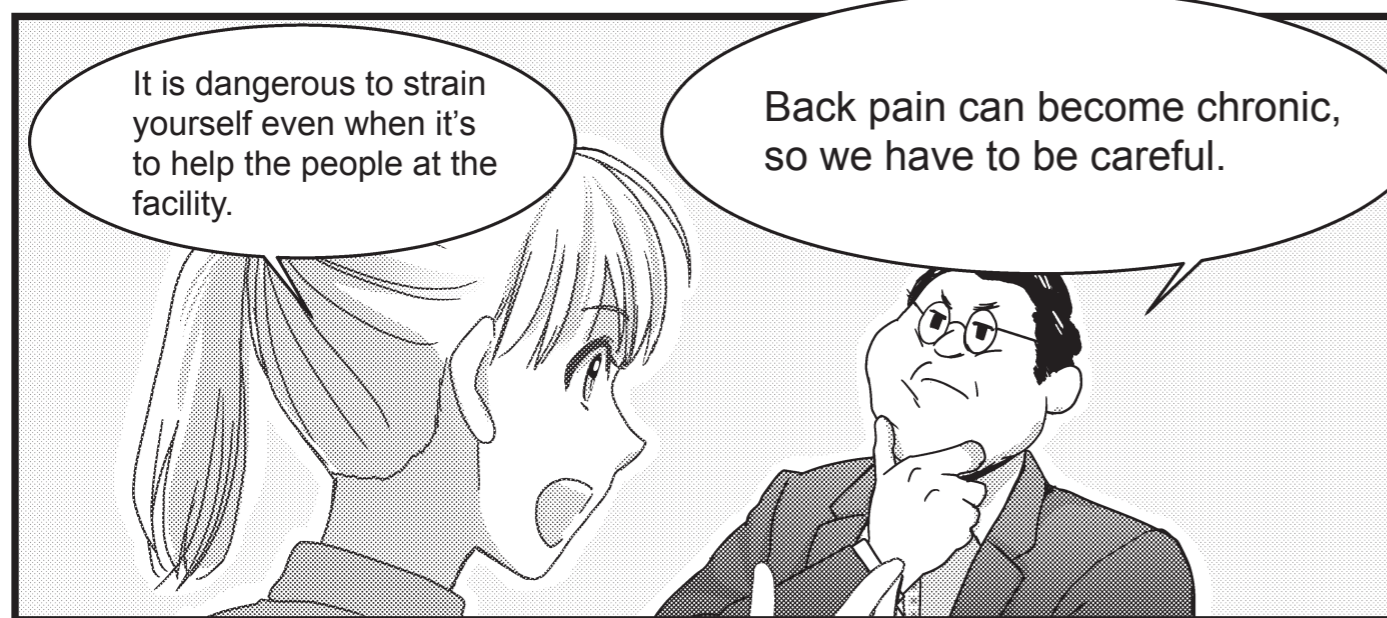
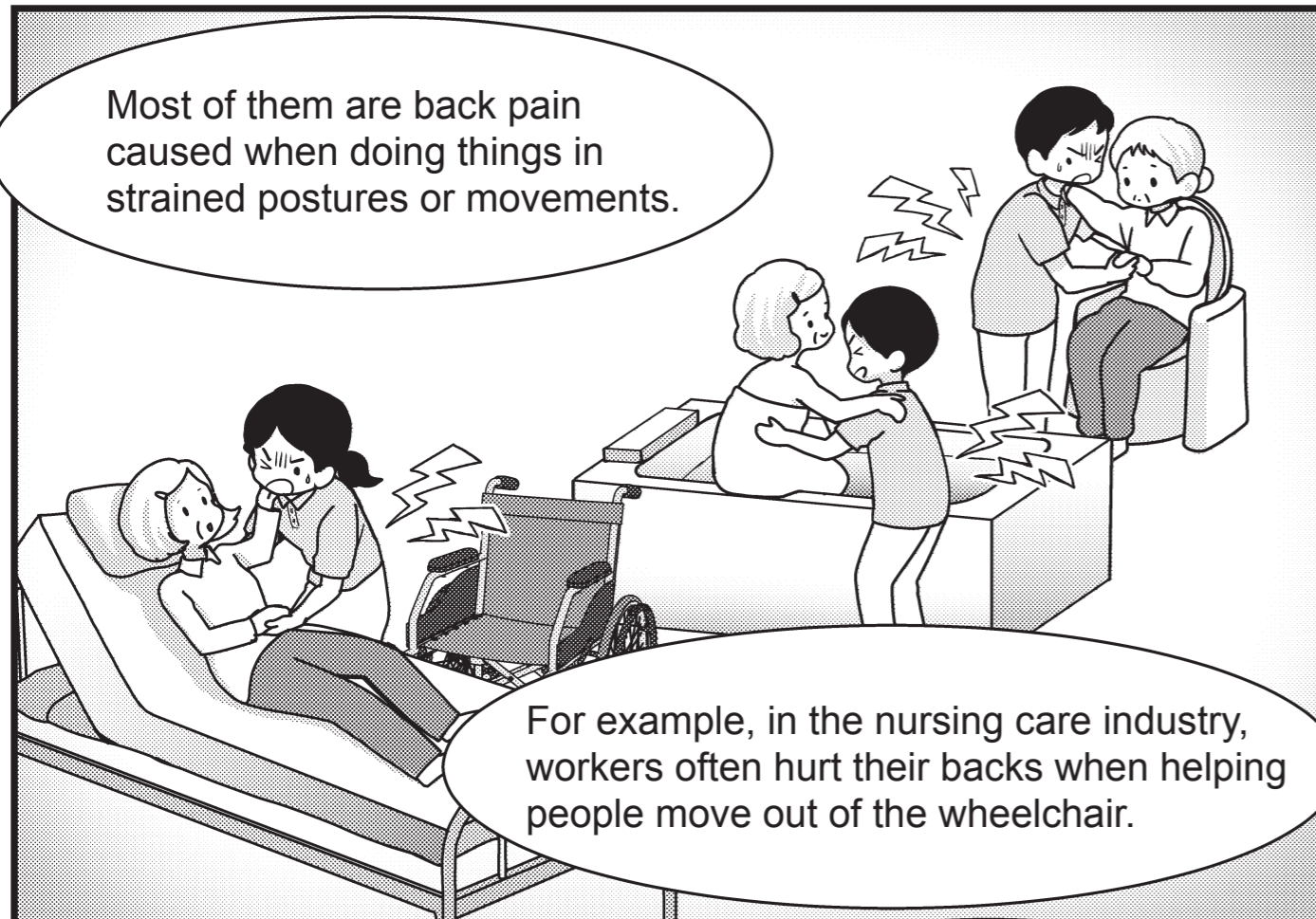
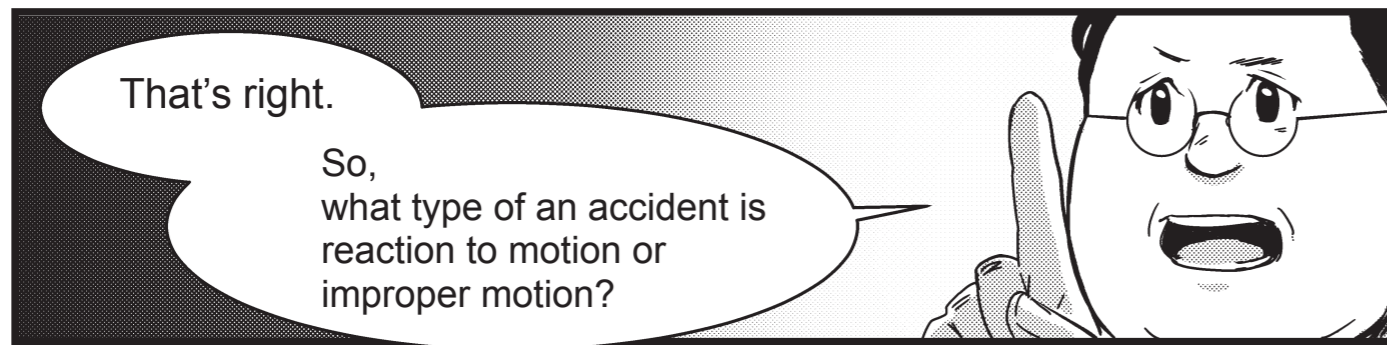
Occurrences of Industrial Accidents

1	Tripping	3321 people
2	Reaction to motion/Improper motion	3186 people
3	Falls from height	625 people
4	Traffic accidents	543 people
5	Collision	438 people

Reference: Ministry of Health, Labour and Welfare "2018 Analysis of the Status of Industrial Injuries/Health and Hygiene Service Industry (Within Social Welfare Facilities)" (May 2019)



The numbers of trips as well as reaction to motion/improper motion are extremely high...



Also, when the users become sleepy at night, it's harder to assist them than during the day and care providers tend to work in strained postures.



Even if it's at night, you must report without hesitation if you feel pain!

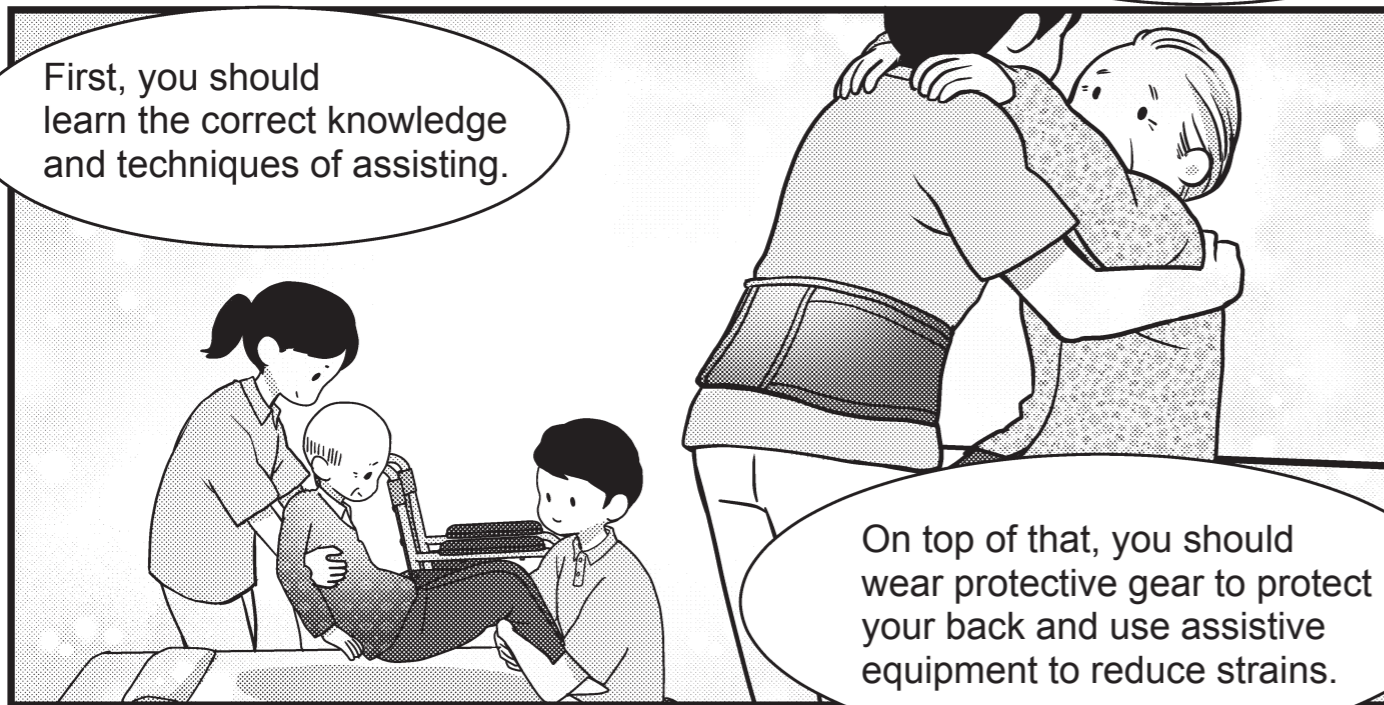
How can we prevent back pain?



There are several ways, but...



First, you should learn the correct knowledge and techniques of assisting.



On top of that, you should wear protective gear to protect your back and use assistive equipment to reduce strains.

So, there are over 3,000 people a year who trip and fall down.



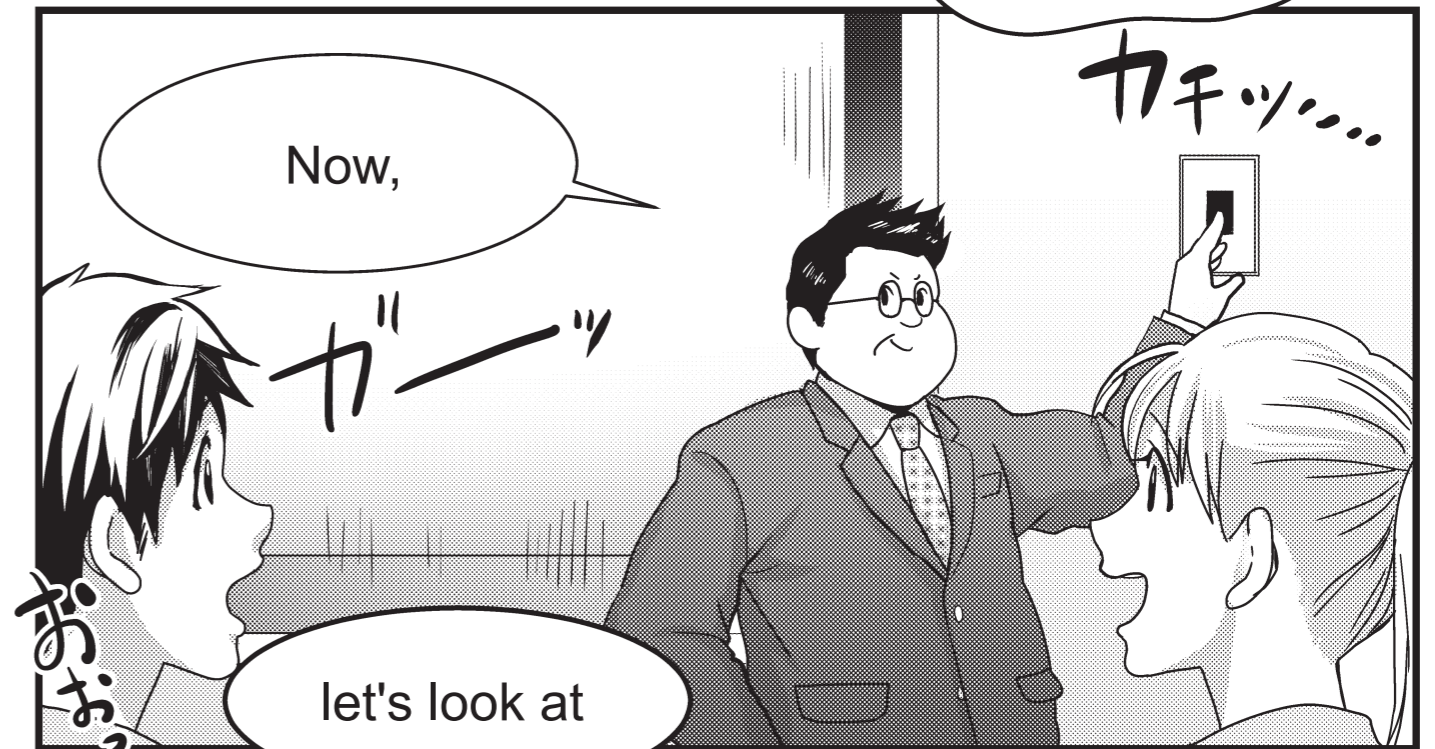
Correct! This includes not only one person falling down,

but also falling with the elderly person.



How dangerous!

Now,

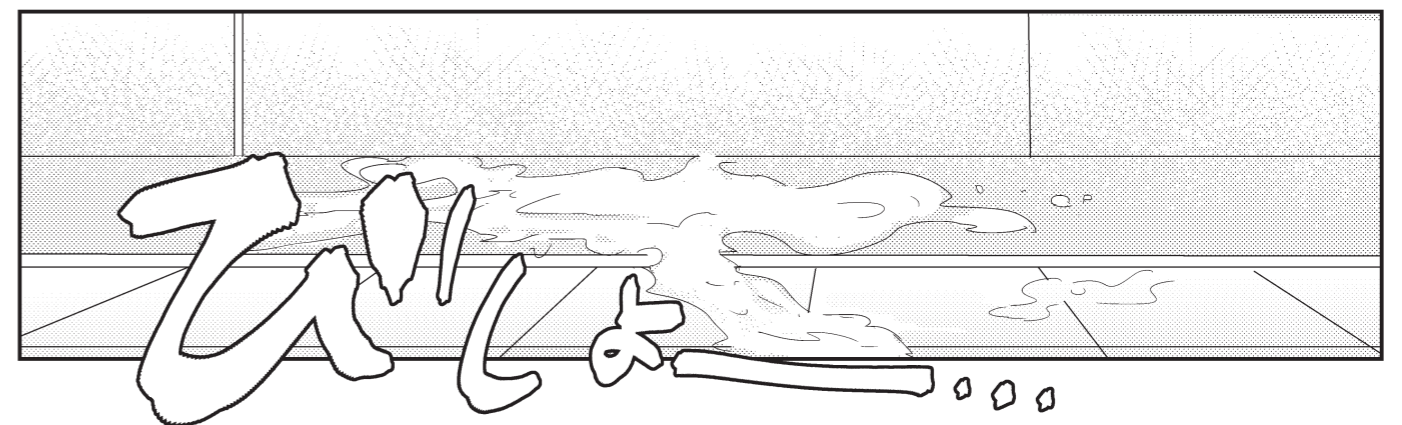
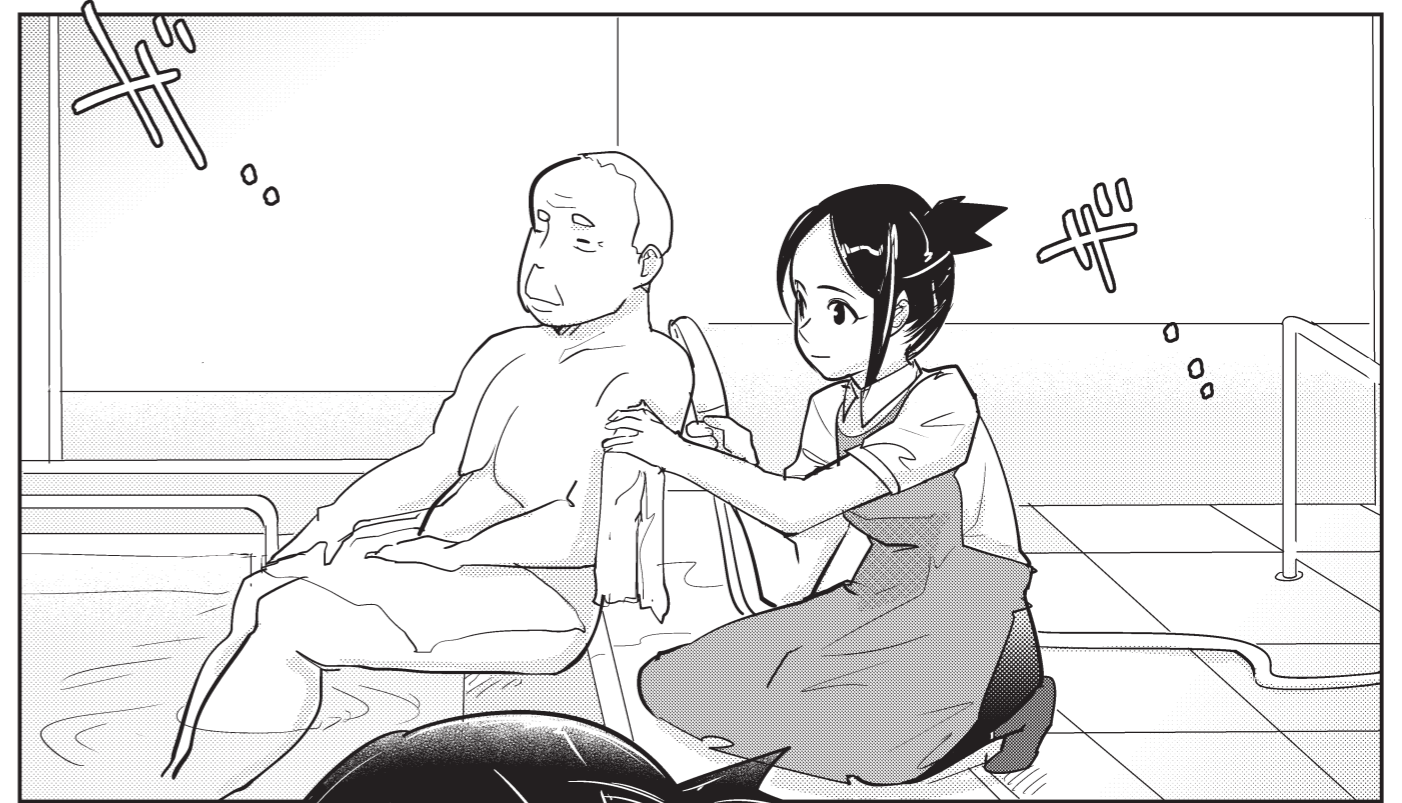
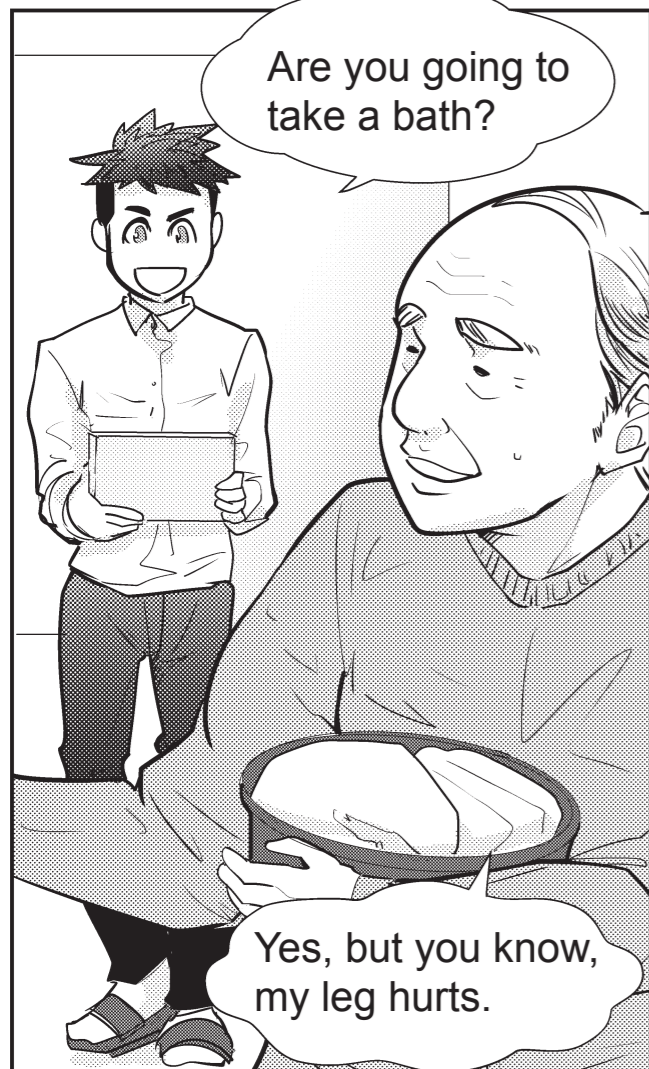
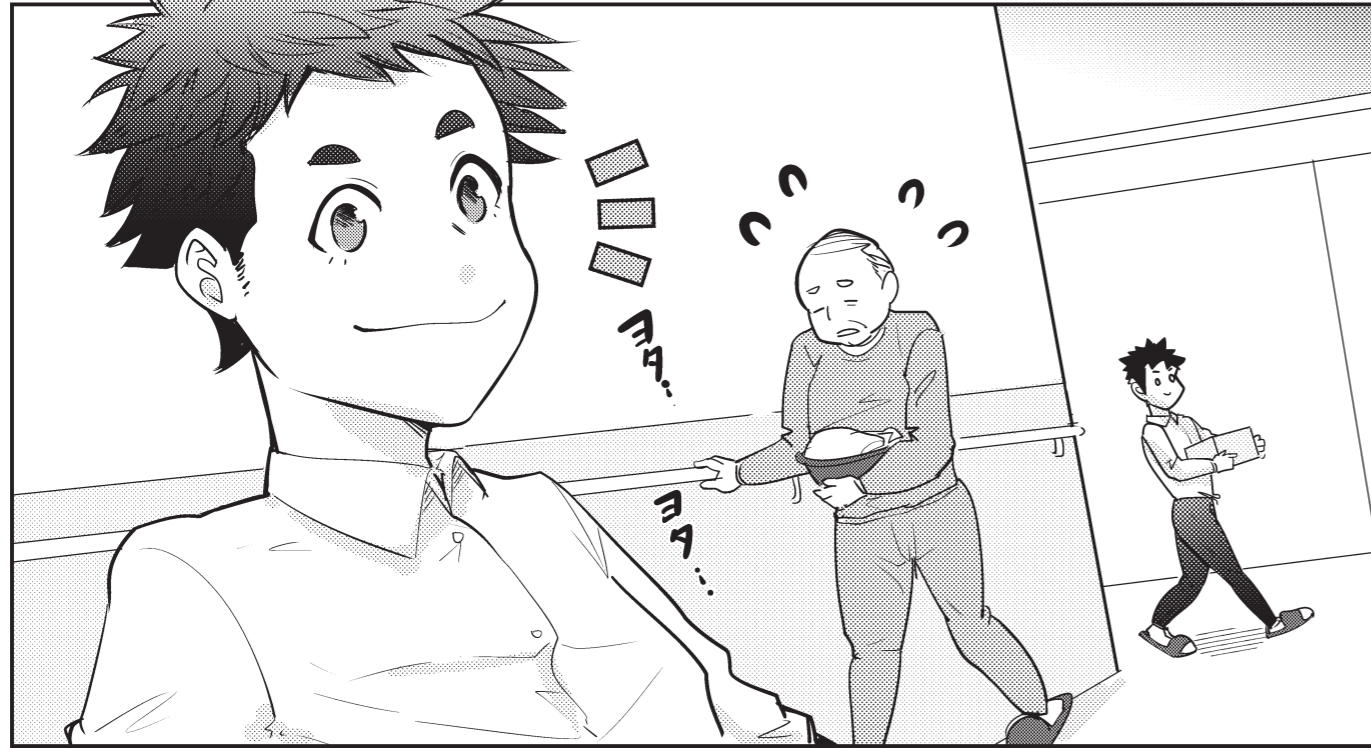


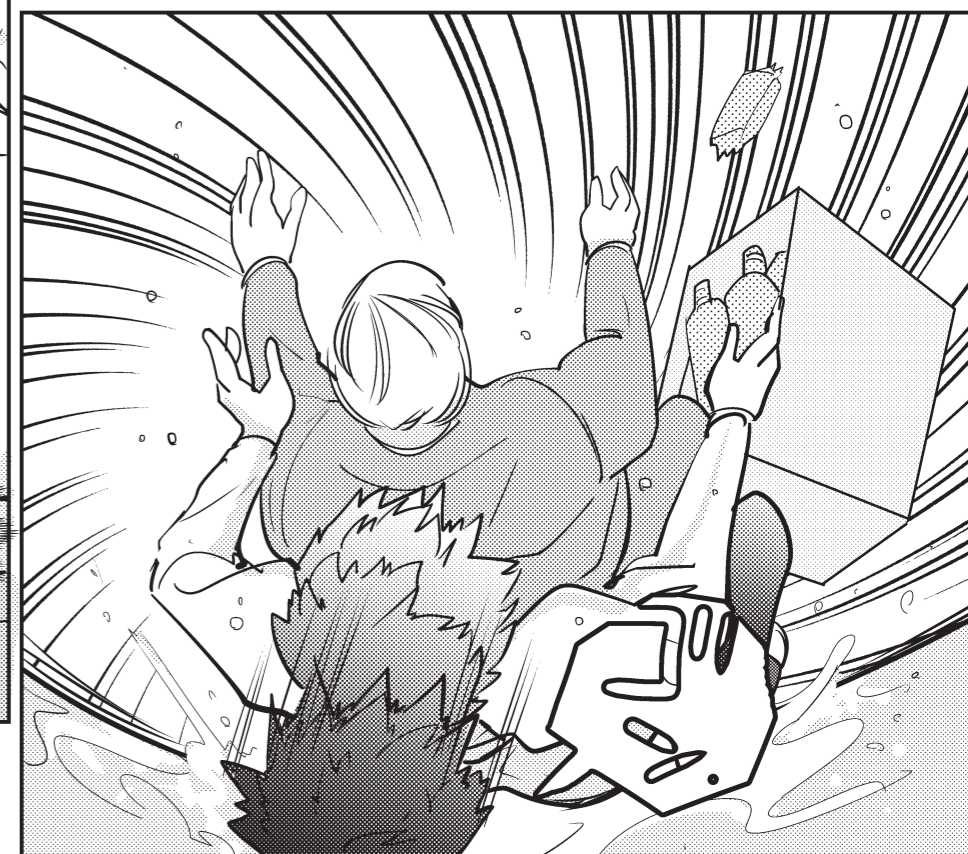
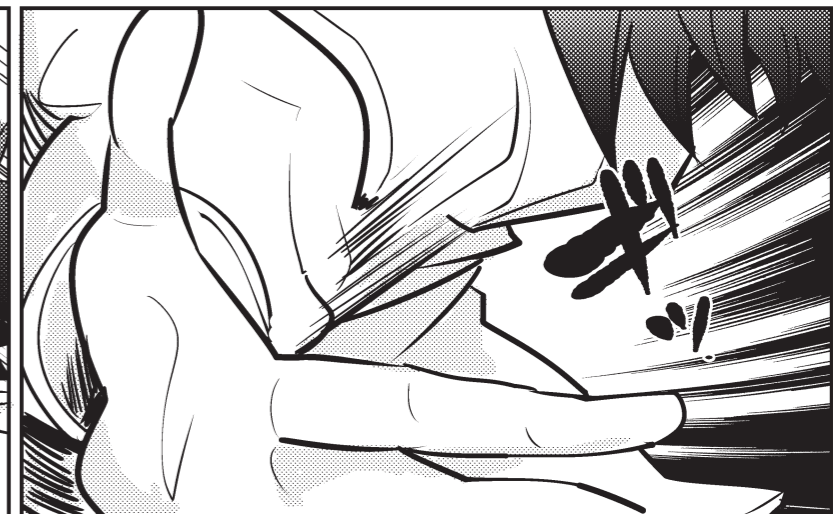
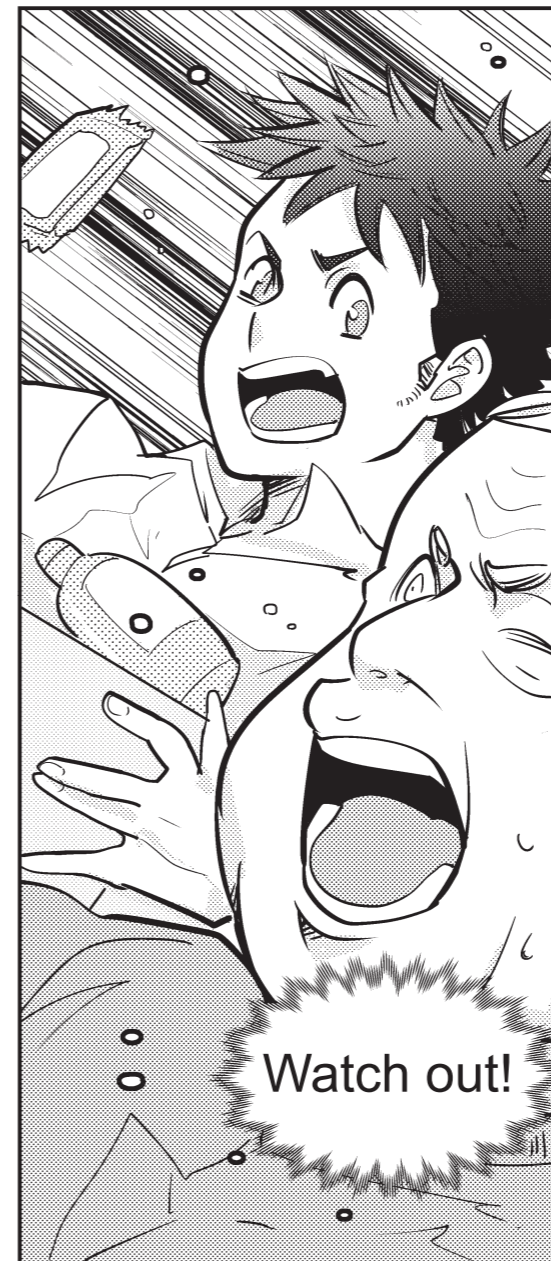
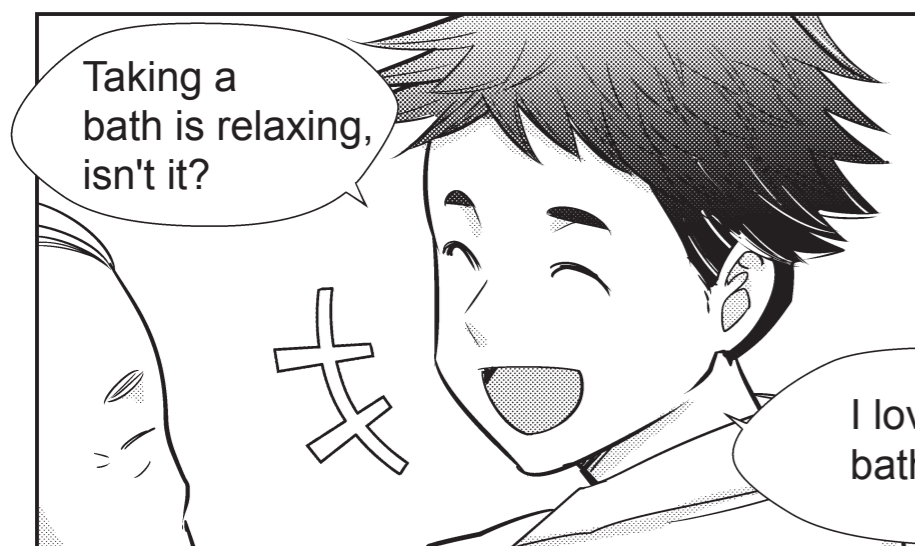
let's look at

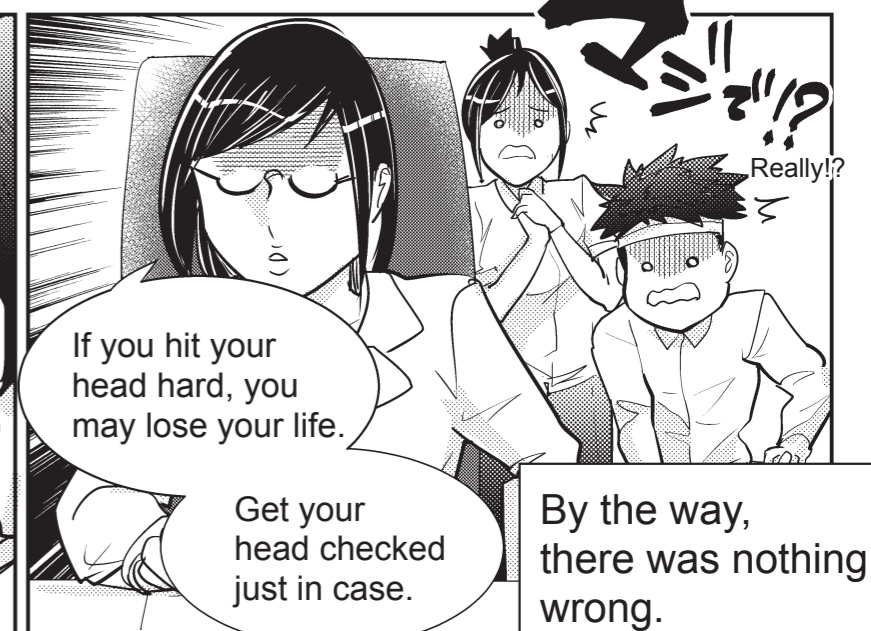
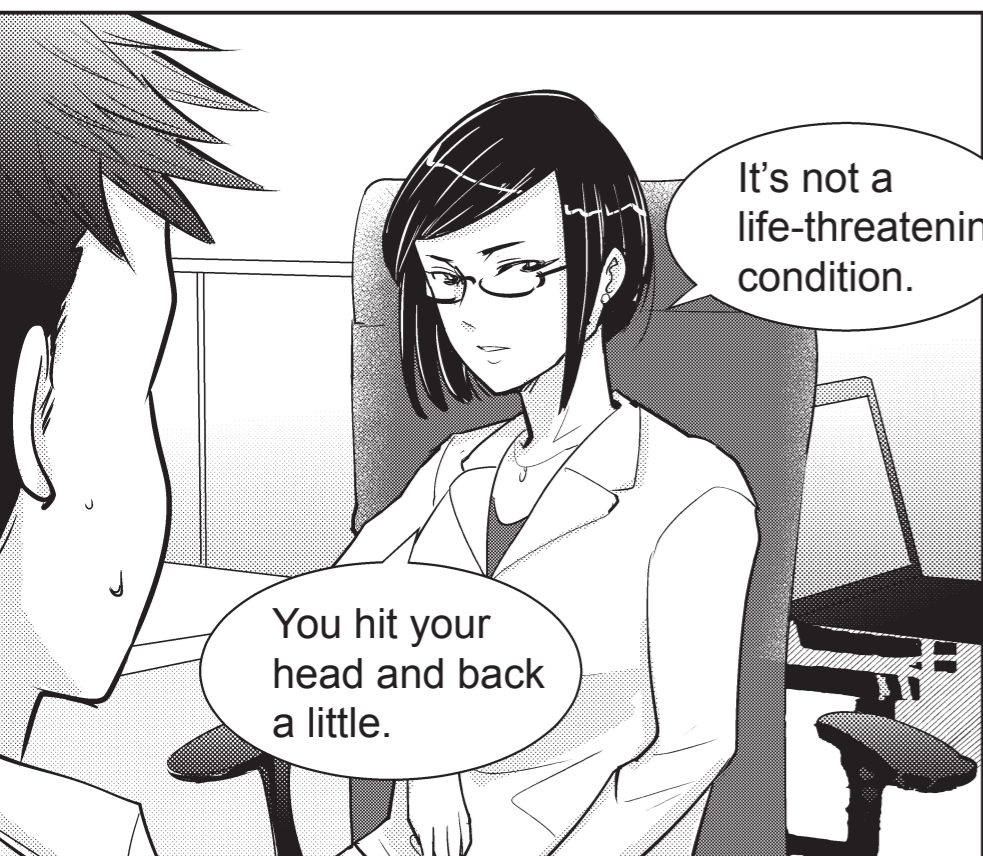
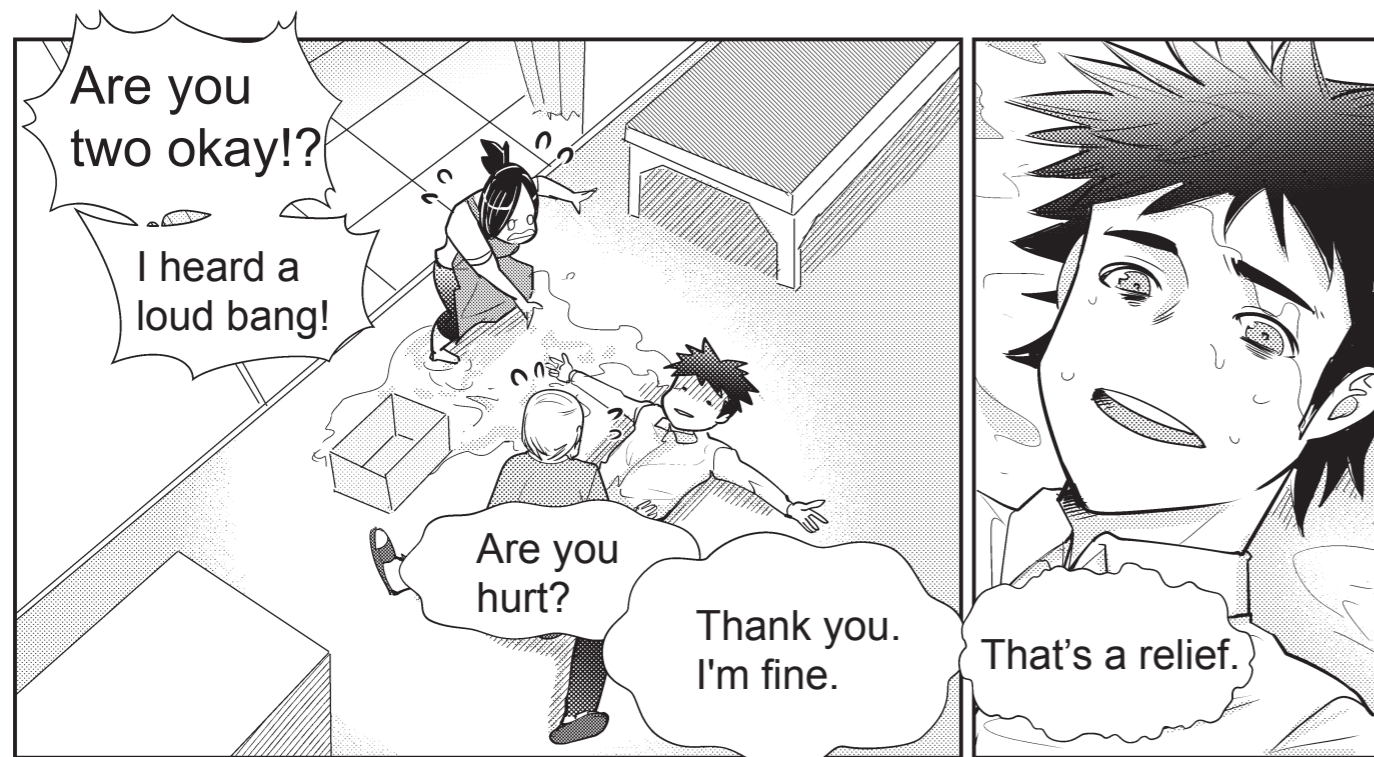
the actual workplace!



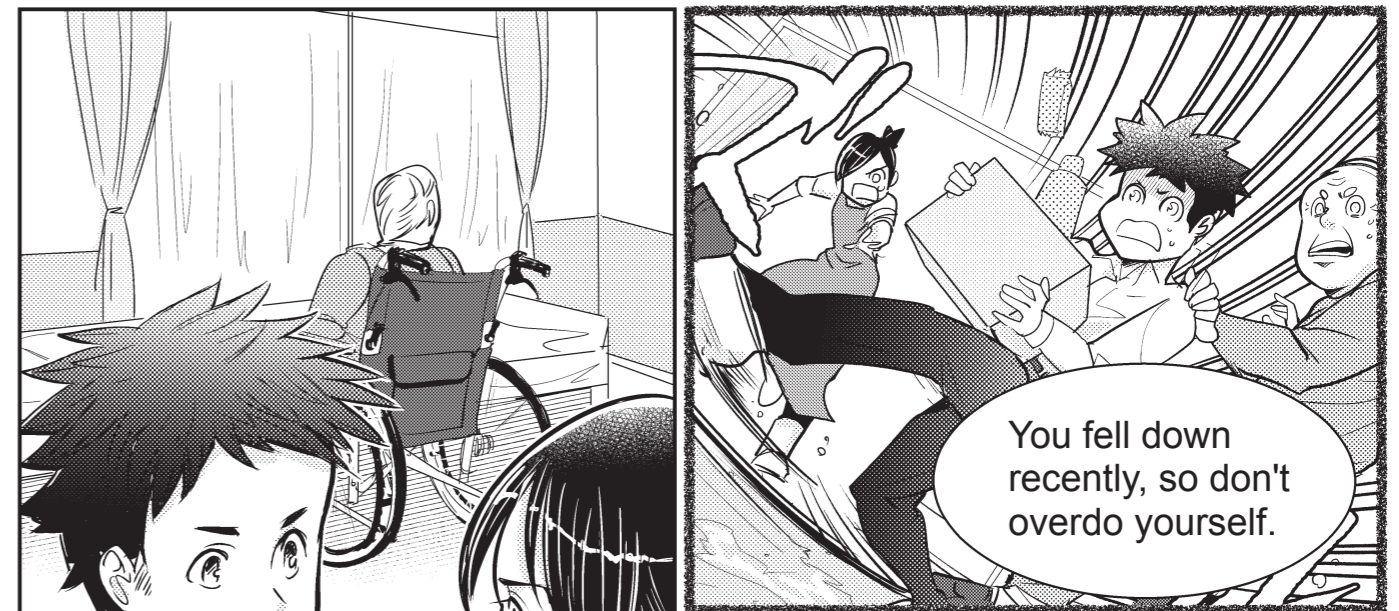
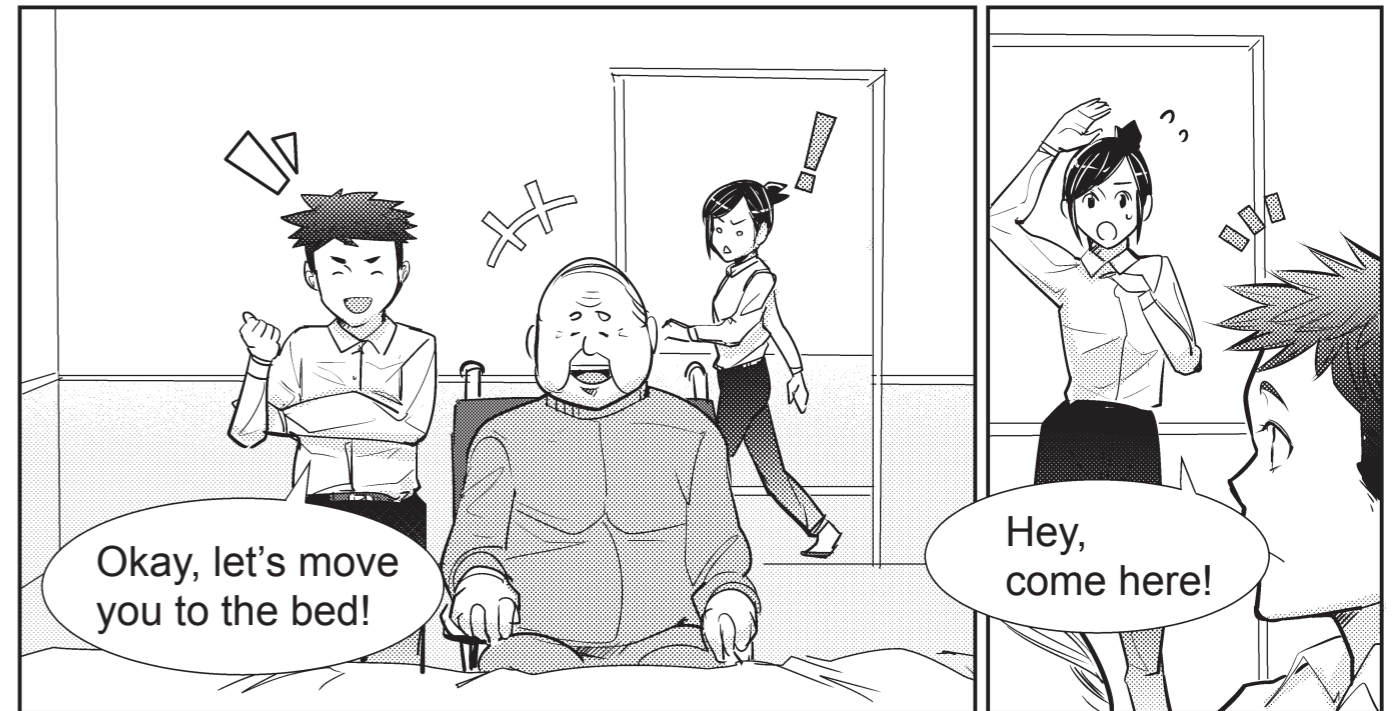
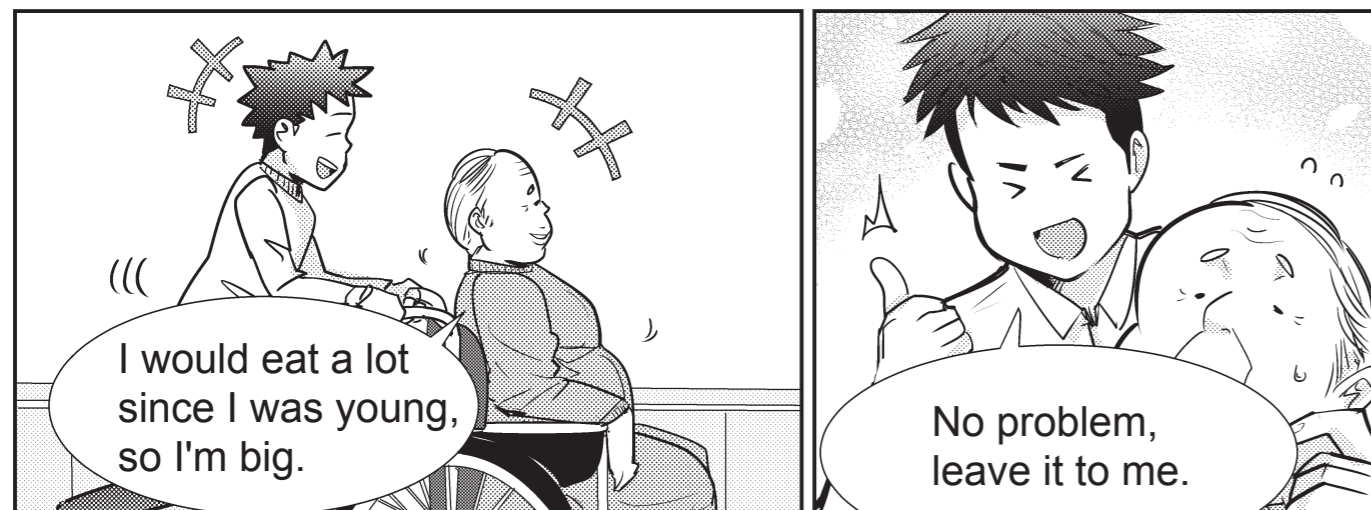
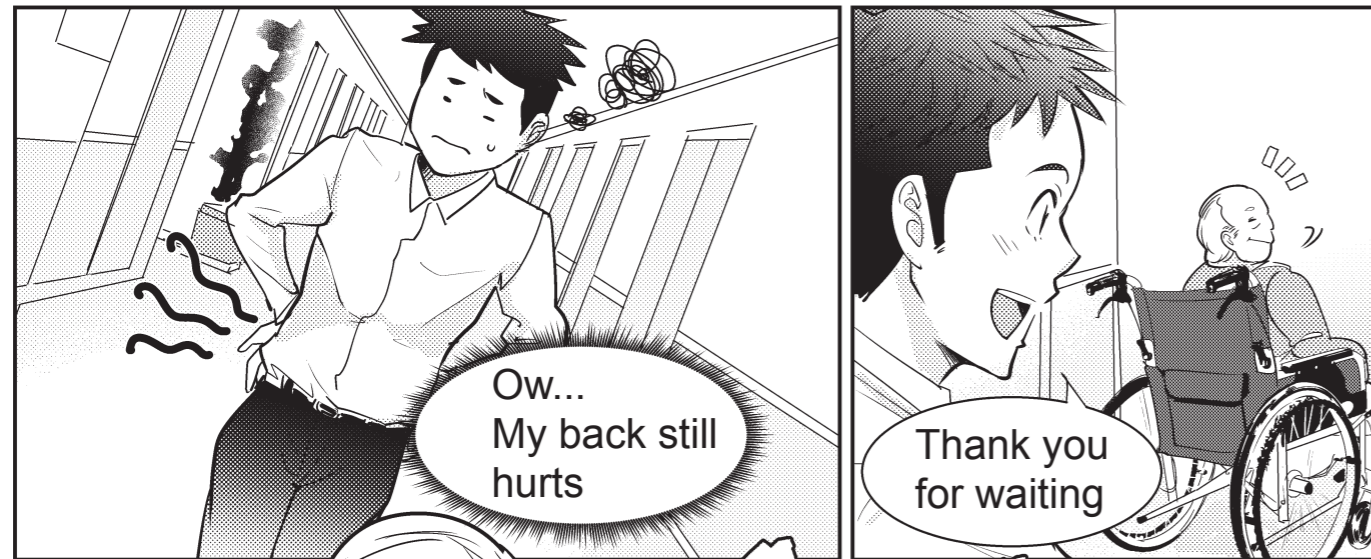
CASE 1







CASE 2





I may not look like it, but I work out!

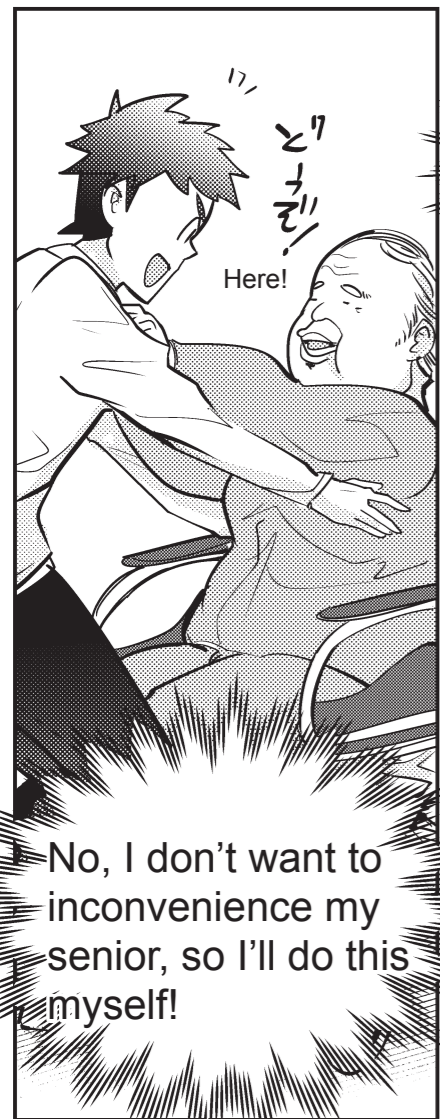
Check out my power of youth!



Definitely a no. I'll bring aids, so wait here.



Then I'll just have to force it!



Here!

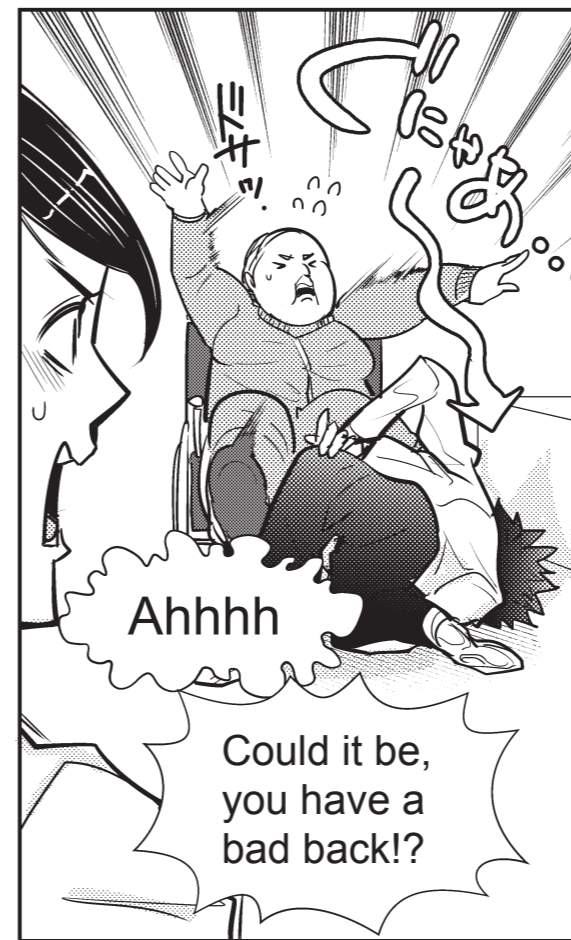


He's heavier than I thought...!!



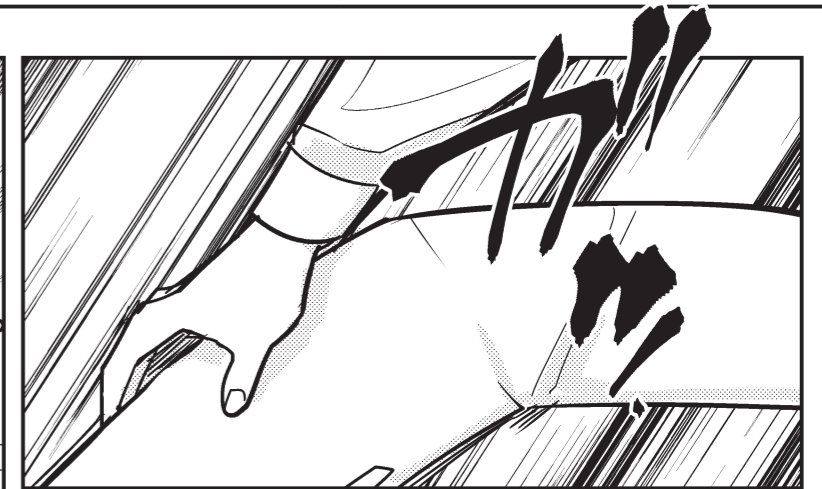
Are you alright?

I don't think I can do this on my own...



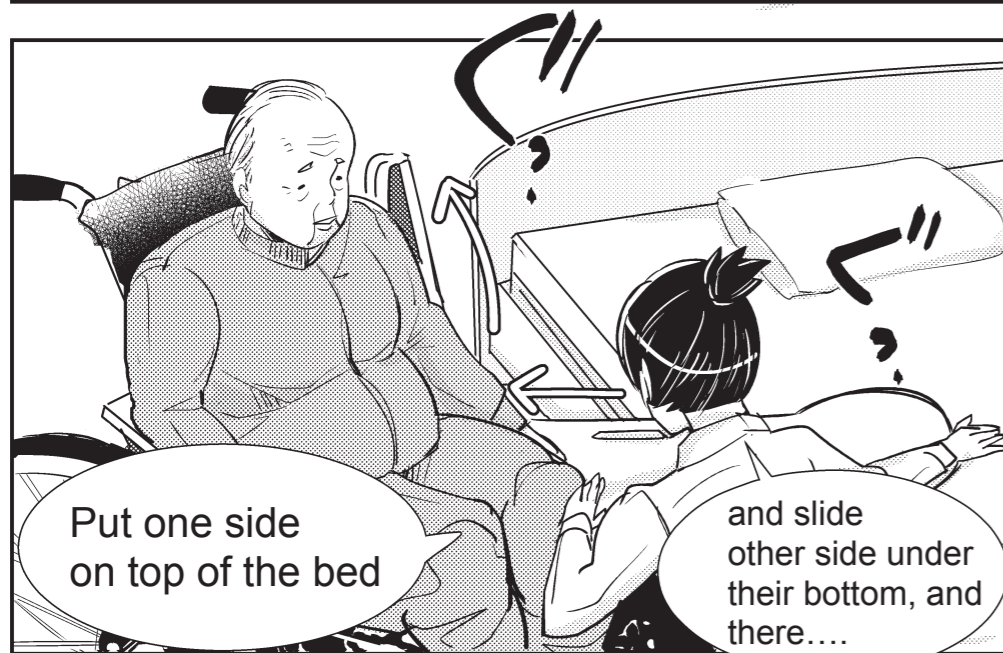
Ahhhh

Could it be, you have a bad back!?



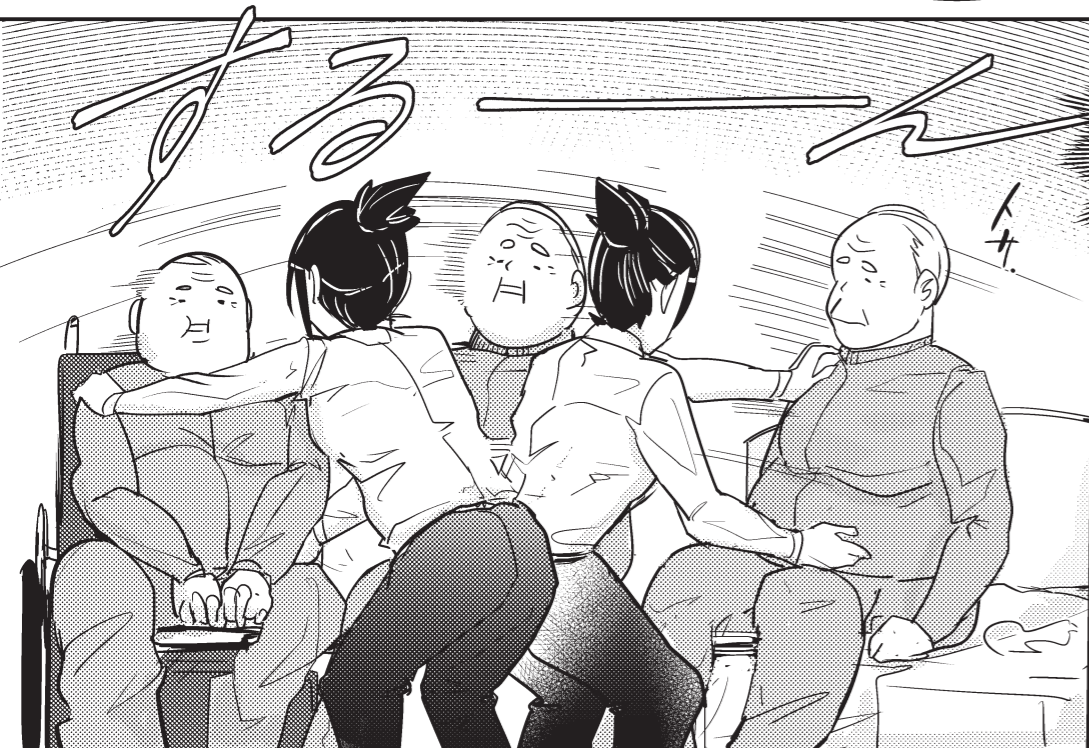
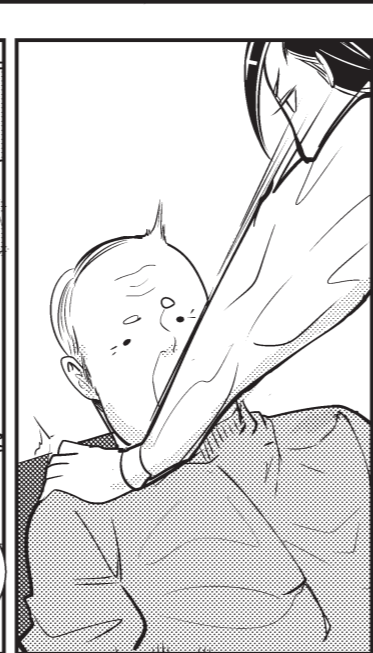


You have to use assistive devices when you're assisting on your own! For example, with this slide board



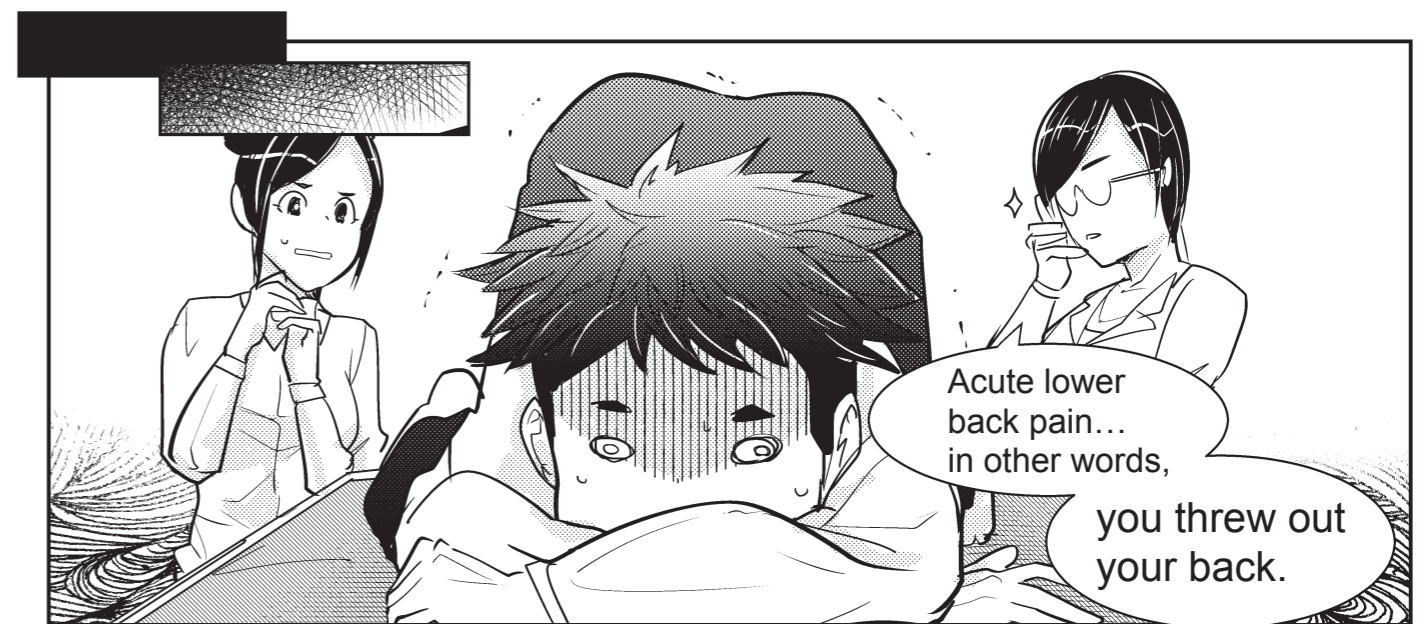
Put one side on top of the bed

and slide other side under their bottom, and there....

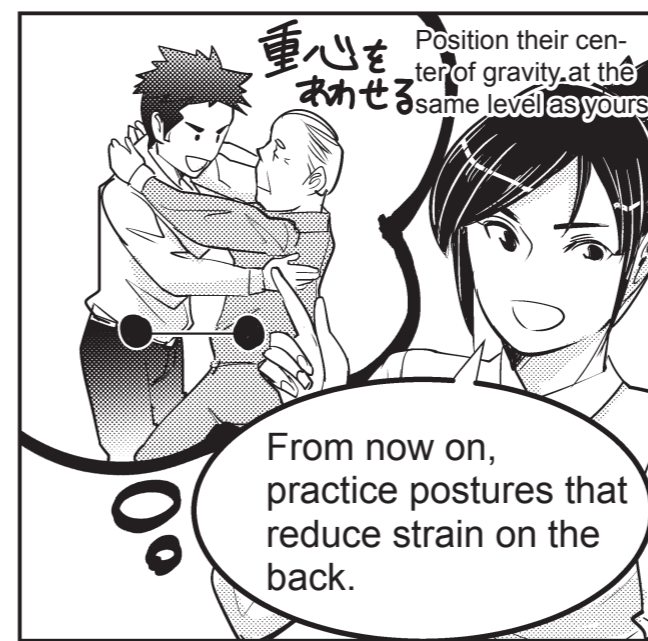


That's how easy you can do it?

Are you okay!? Pull yourself together!

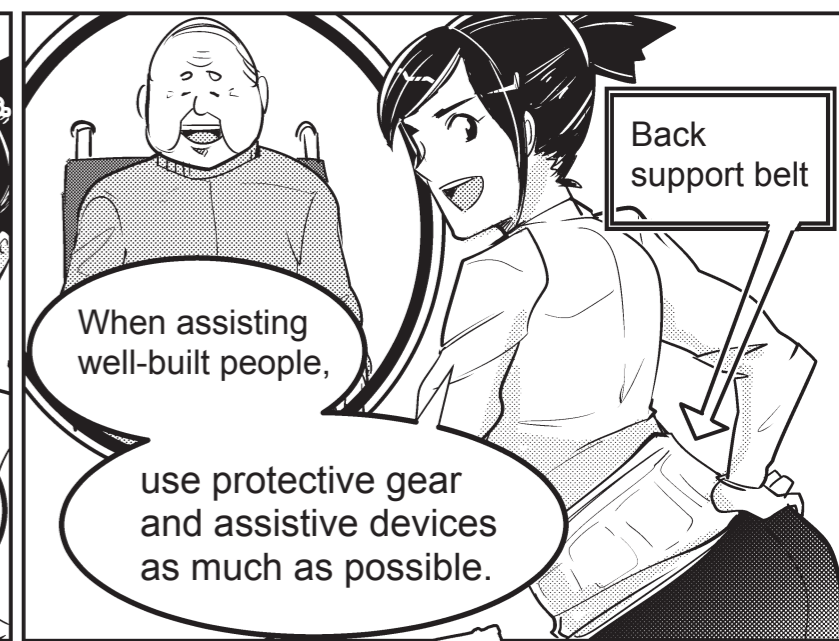


Acute lower back pain... in other words, you threw out your back.



重心を揃せる Position their center of gravity at the same level as yours.

From now on, practice postures that reduce strain on the back.



Back support belt

When assisting well-built people,

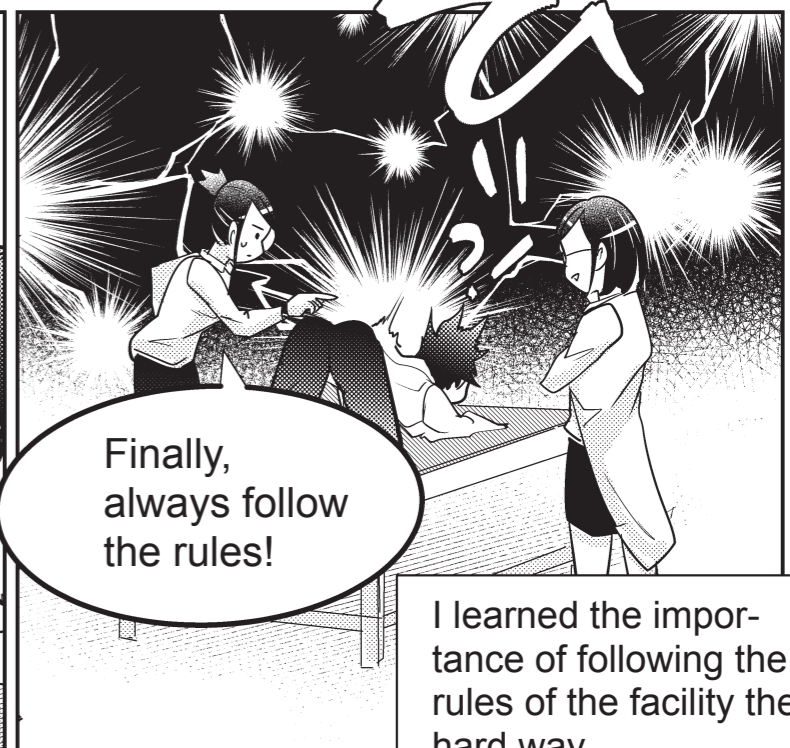
use protective gear and assistive devices as much as possible.



Today, my back hurts... 今日、腰が...

And, you have to report without hesitation when you're not feeling well!

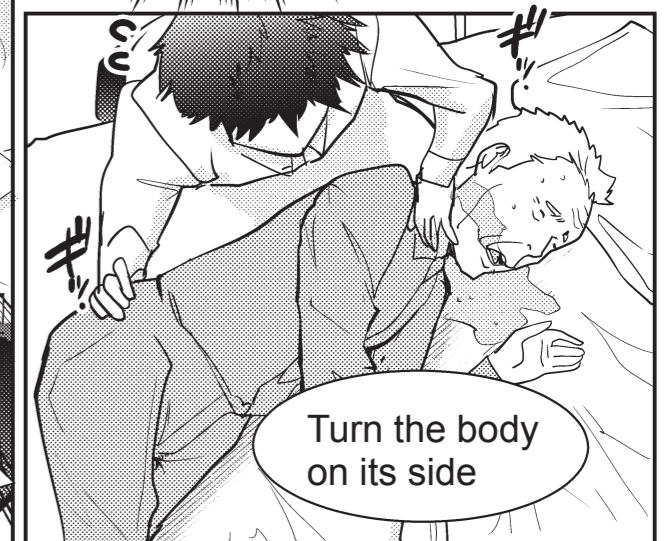
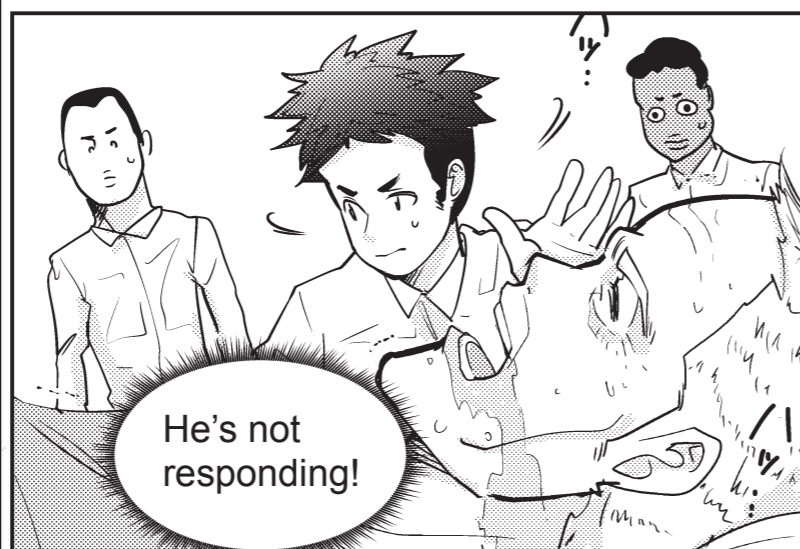
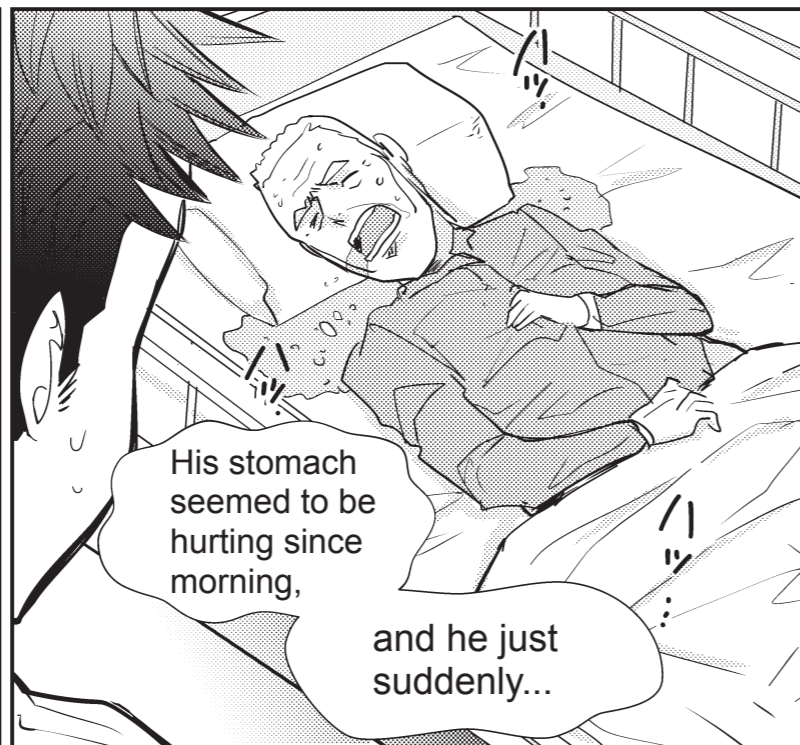
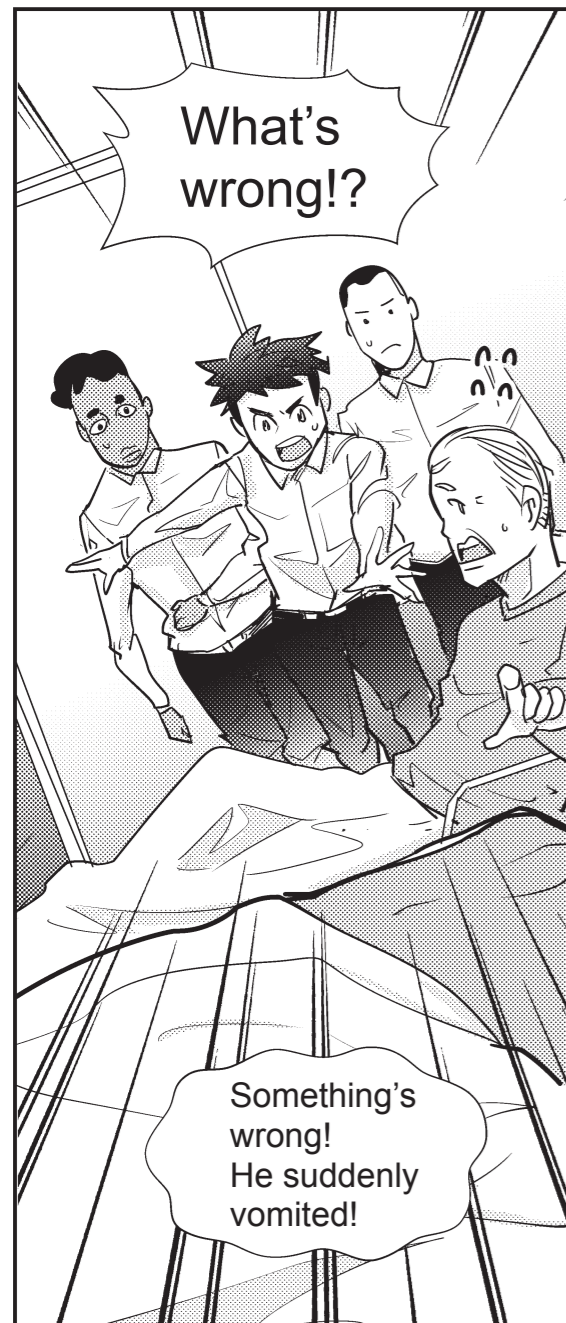
We are one team.

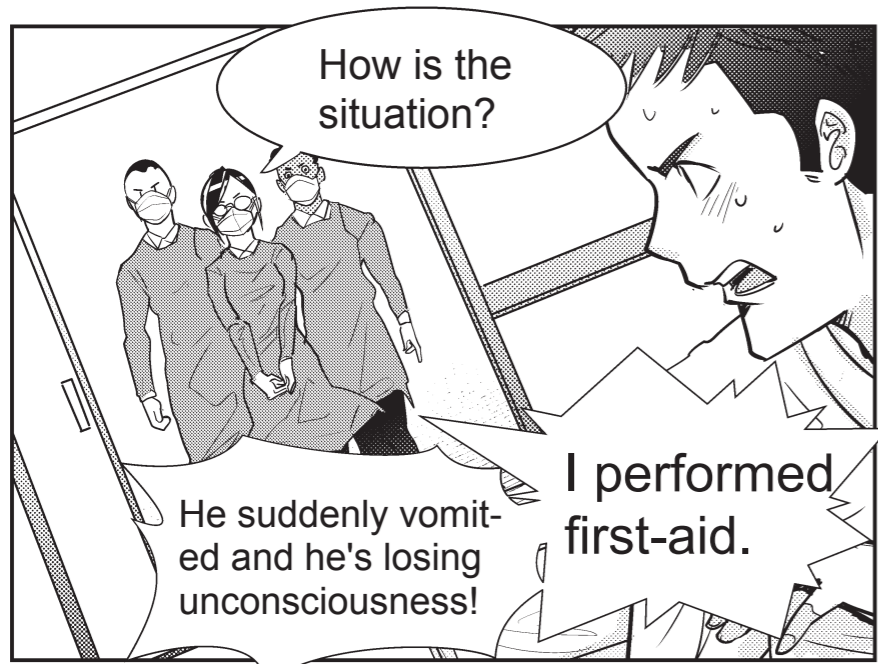


Finally, always follow the rules!

I learned the importance of following the rules of the facility the hard way.

CASE 3





How is the situation?

He suddenly vomited and he's losing consciousness!

I performed first-aid.



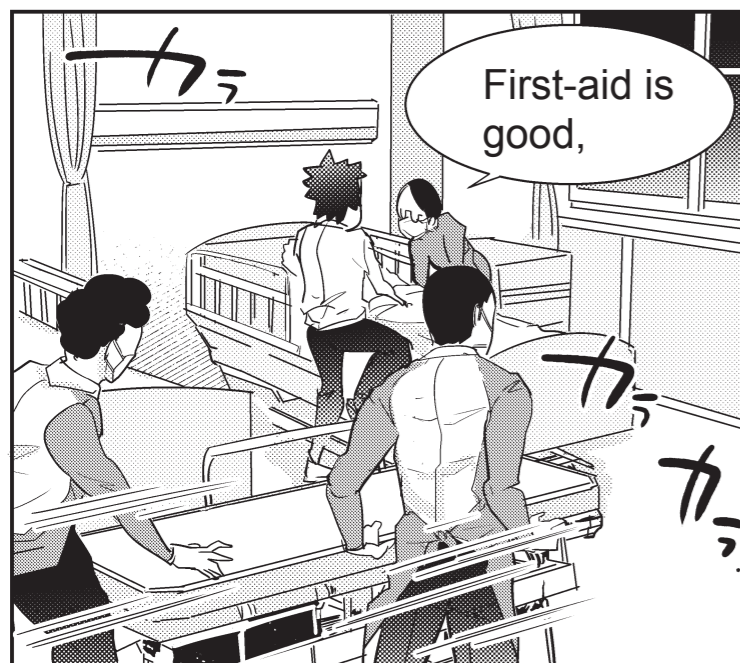
You...



You performed first-aid

without wearing a mask or gloves?

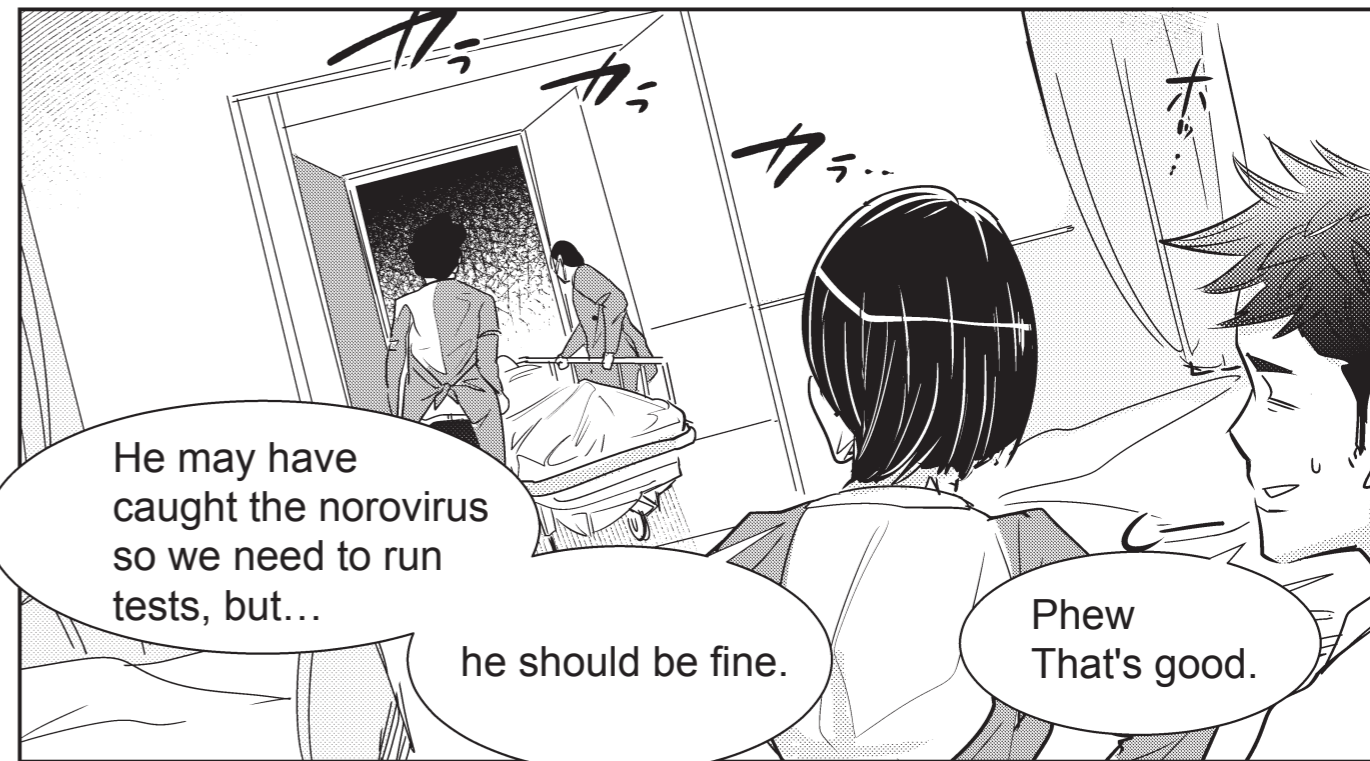
Oh, sorry I was in a hurry...



First-aid is good,



but it's a rule to not touch blood, stool, and vomit with your bare hands.



He may have caught the norovirus so we need to run tests, but...

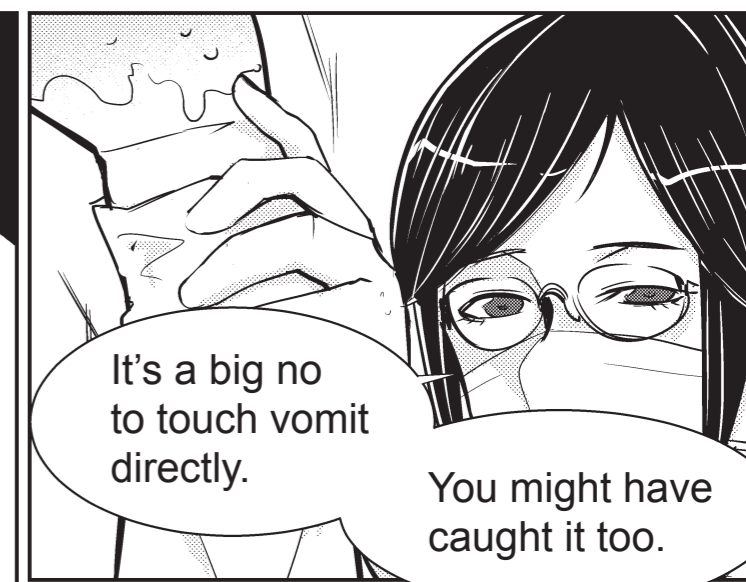
he should be fine.

Phew That's good.



You have to get tested too.

Infectious diseases are scary.



It's a big no to touch vomit directly.

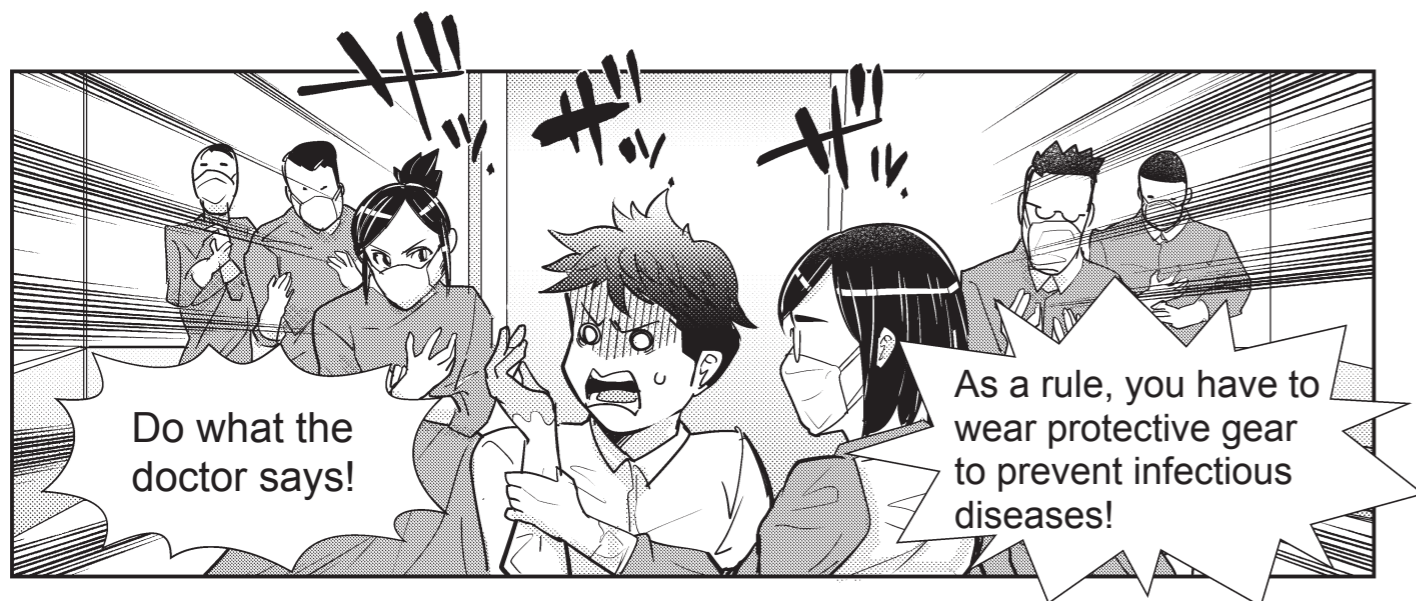
You might have caught it too.



No, you're exaggerating.

I'll be okay if I just take a shower.

You're not getting it.



Do what the doctor says!

As a rule, you have to wear protective gear to prevent infectious diseases!



Prevent secondary infections by wearing protective gear!

Never help the person without gloves or in your regular clothes!

Surgical masks



Wear designated masks as specified by the rules.

Disposable gloves



Always discard gloves you have used once.

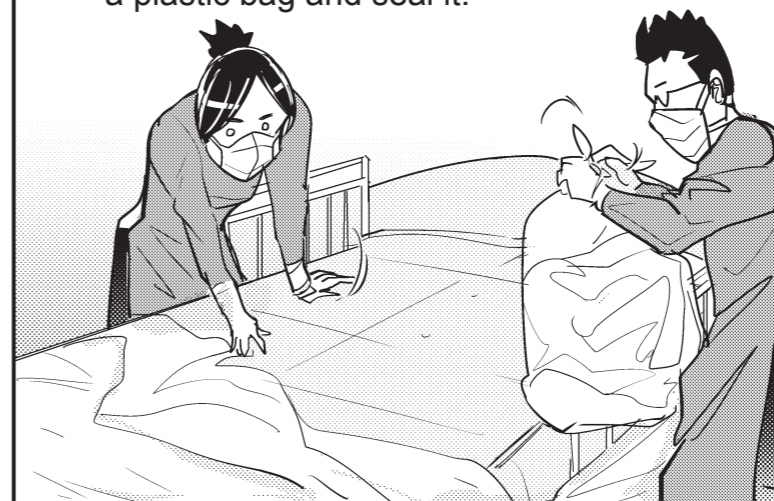
Gowns and aprons



Do not roll up your sleeves.

[How to Clean Up]

① Put the contaminated bed linen in a plastic bag and seal it.



② Spray contaminated areas with disinfectant.



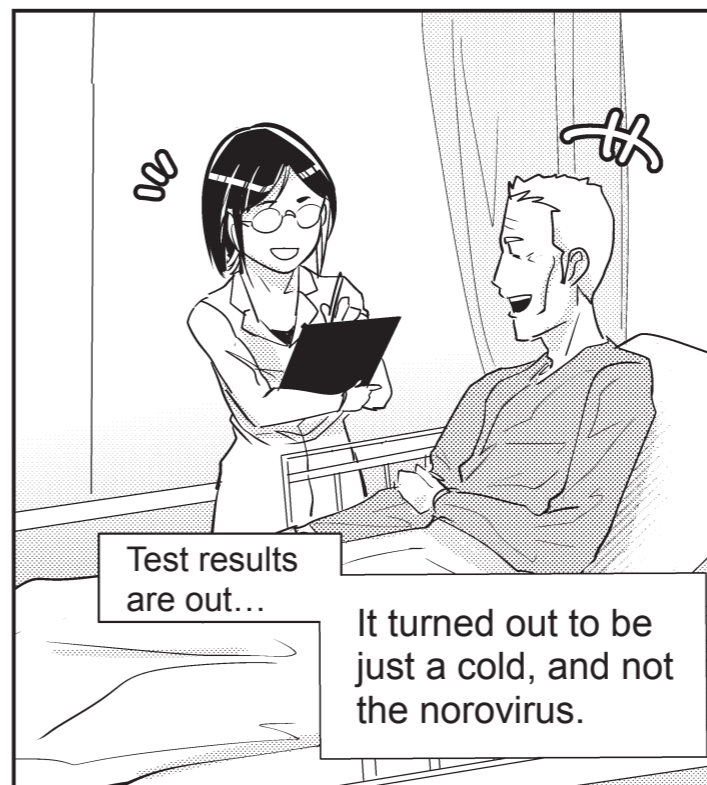
Sterilize the contaminated bed linen by boiling in water or using disinfectants.

③ Always dispose of all masks, gloves, and paper towels.



Wash your hands with soap, and

thoroughly disinfect.



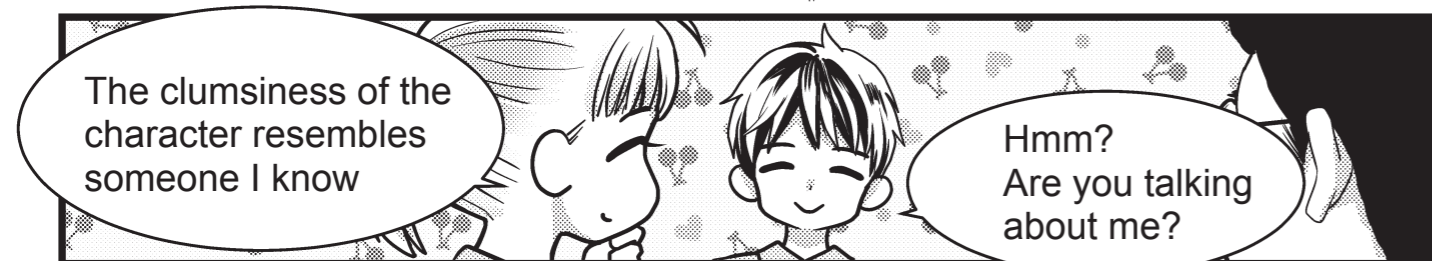
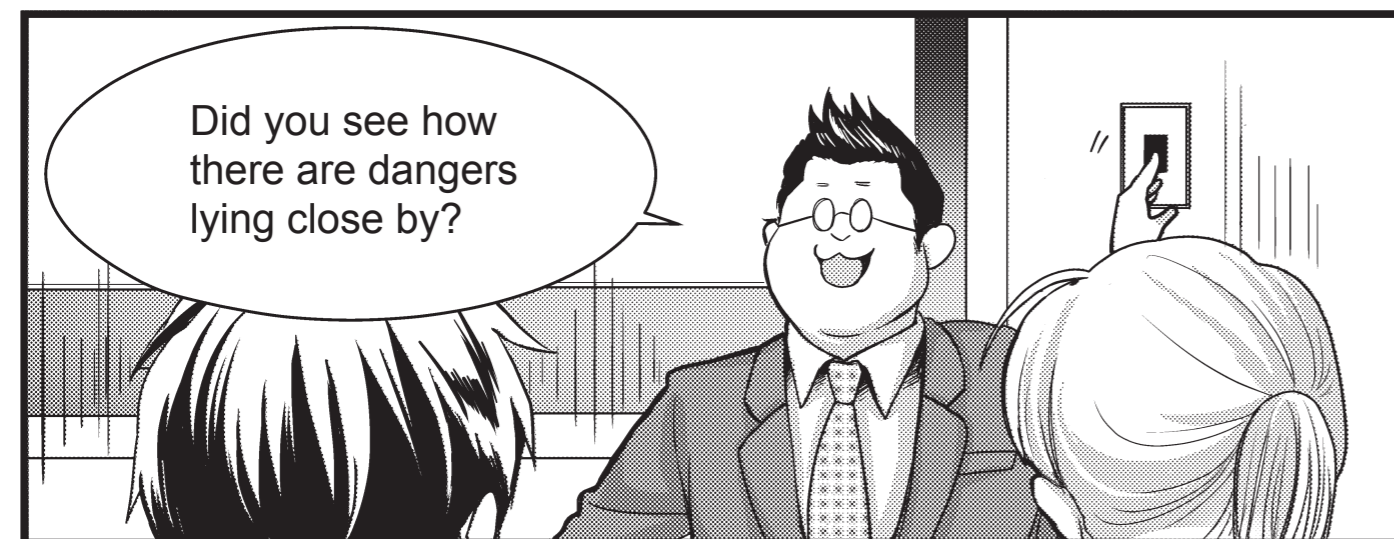
Test results are out...

It turned out to be just a cold, and not the norovirus.



You're cleared too!

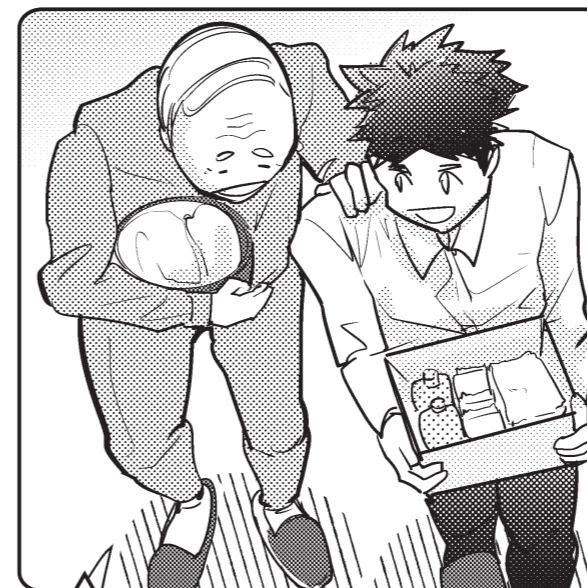
I learned my lesson from this incident, and I will be careful from now on.



Precautions to Take in the Nursing Care Industry

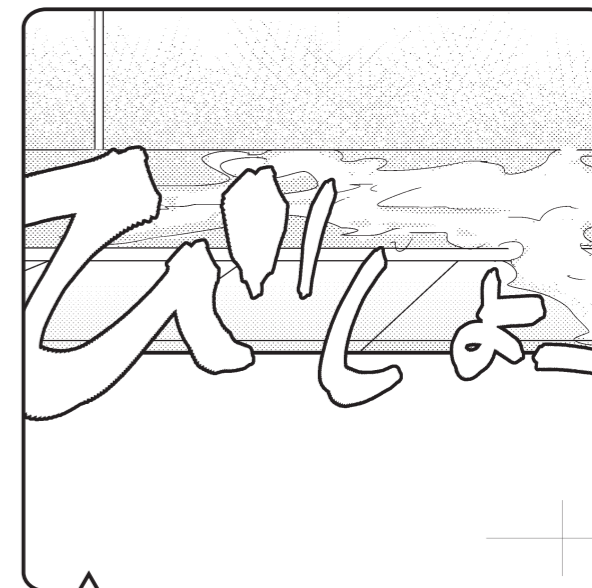


1 | Be careful when both hands are full



If both hands are full, be careful as you may trip or come across unexpected hazards.

2 | Be careful of wet or dirty floors



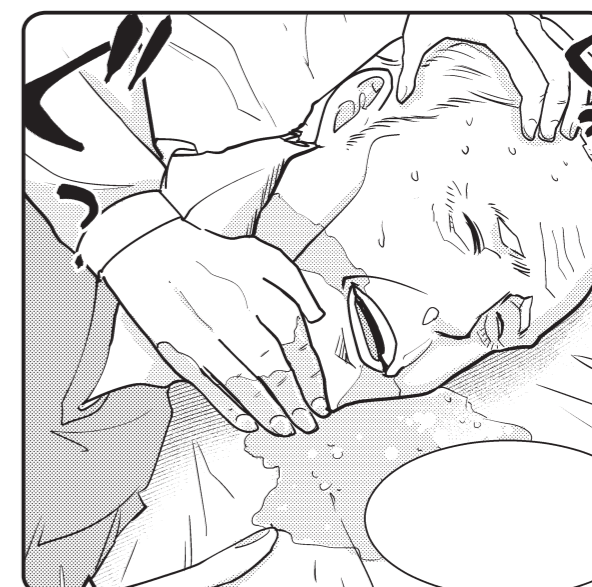
Wear non-slip shoes and keep in mind to follow the 4S (refer to the common teaching materials).

3 | Do not assist elders in strained postures



Assisting in strained or unnatural posture will cause back pain.

4 | Be careful of infectious diseases



Do not touch vomit or excrements directly.

work accidents are not someone else's problem. It may happen to you.



Following the rules means that you are protecting your body, family, and livelihood. Remember that.

In case something happens, it's also important to talk with your coworkers on a daily basis.

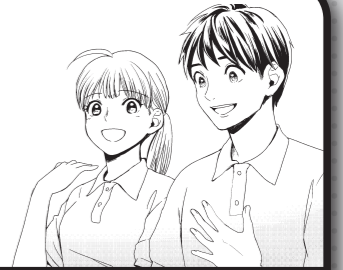


Okay! I'll keep in mind of the safety and health, and do my best every day!

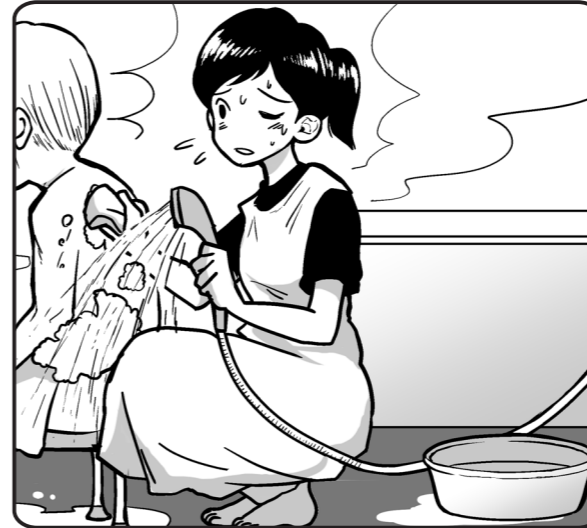


Nursing Care Industry

Be careful of these things! Tips for Maintaining Safety and Health!



1 | Be careful of heatstroke when assisting elders during bathing



Baths can become hot and highly humid, so there are many reports of caregivers coming down with heat stroke (see the common teaching material).

2 | Ask for help when you need it



If you come across any trouble, don't take it all upon yourself, but consult with your coworkers or medical specialists.

3 | Make sure to sleep well after a night shift!



Fatigue is the root cause of work accidents. Get a good sleep in a place shielded from the sun after a night shift.

4 | Do stretches to prevent back pain!



Prevent back pain by stretching and loosening your body (refer to the common teaching material).



For inquiries about this document, please contact:
Safety Division, Industrial Safety and Health Department,
Labour Standards Bureau of the Ministry of Health,
Labour and Welfare