Elderly Care Health and Safety Fundamentals Training Course

8 – 12 November 2026
Nairobi

AGILE LEADERS
Training Center

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Ref: 1343_199276 **Date:** 8 – 12 November 2026 **Location:** Nairobi **Fees:** 4500 Euro

Overview

Elderly Care Health and Safety Fundamentals Training Course is a one-week foundation course for personnel responsible for care environments who leave with an Elderly Care Safety Action Plan. Participants examine risk assessment, falls prevention, moving and handling, infection controls, equipment safety, emergencies, incident reporting, staff wellbeing, and inspections while respecting residents' dignity and independence. Agile Leaders Training Center presents elderly care health and safety as coordinated protection for residents and staff.

Who Should Attend

- Teams responsible for daily elderly care delivery
- Managers responsible for care-setting operations
- Personnel responsible for facilities and equipment safety
- Functions responsible for infection prevention and quality
- Staff responsible for workplace health and safety

The course assumes participants support or oversee elderly care operations and leaves out clinical diagnosis, treatment decisions, medication administration competence, and professional licensure.

Departments and Industries

The course supports departments and industries responsible for safe services, facilities, and work practices in elderly care environments.

- Residential and community care services
- Healthcare support and rehabilitation facilities
- Facilities, maintenance, and housekeeping functions
- Quality, safety, and infection prevention teams
- Human resources and staff wellbeing functions

Learning Objectives

By the end of this course, participants will be able to:

- Analyze risks affecting residents and care personnel
- Apply falls and environmental safety controls
- Use person-centered moving and handling practices
- Evaluate infection and equipment safety arrangements
- Apply emergency and incident reporting procedures
- Build an elderly care safety action plan

Course Agenda

Day 1: Care-Setting Risk Foundations

- Resident and Worker Risk Profile Map
- Care-Setting Hazard Identification Walkthrough
- Person-Centered Risk Assessment Method
- Safety Role and Responsibility Matrix
- Care Environment Control Priority Board

Day 2: Falls and Safe Environments

- Slips, Trips, and Falls Inspection Checklist
- Floor, Lighting, and Obstruction Review Tool
- Resident Mobility Support Risk Screen
- Cleaning and Contamination Control Schedule
- Environmental Safety Escalation Route

Day 3: Moving, Handling, and Equipment

- Individual Moving and Handling Assessment Form
- Transfer Assistance Planning Guide
- Hoist, Sling, and Aid Pre-Use Check
- Care Equipment Maintenance Control Log
- Dignity and Independence Decision Screen

Day 4: Infection and Emergency Controls

- Infection Prevention Practice Checklist
- Medication-Area Safety Boundary Review
- Fire and Evacuation Assistance Plan
- Incident and Near-Miss Reporting Workflow
- Staff Wellbeing Risk Monitoring Tool

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Day 5: Elderly Care Safety Practice

- Exercise: Care-Setting Hazard Inspection
- Exercise: Falls and Environmental Control Review
- Exercise: Moving and Equipment Safety Scenario
- Exercise: Emergency and Incident Response Drill
- Capstone Exercise: Elderly Care Safety Action Plan

Practical Exercises

The course uses suggested activities based on residential care, community services, facilities work, and healthcare support.

- Suggested activity: inspect a care environment and prioritize resident and worker safety actions.
- Suggested activity: evaluate a falls scenario using environmental and person-centered controls.
- Suggested activity: plan a moving and handling task with equipment, staffing, and dignity considerations.
- Suggested activity: respond to an emergency scenario and complete the incident reporting workflow.

FAQs

What is elderly care health and safety?

Elderly care health and safety coordinates workplace controls, resident protection, safe care practices, equipment checks, and emergency arrangements in environments serving older people.

Who suits elderly care health and safety training, and what does it assume?

Elderly care health and safety training suits care teams, managers, facilities personnel, quality functions, and safety staff, and it assumes participants already support or oversee care operations.

How does elderly care health and safety training differ from clinical care training?

Elderly care health and safety training focuses on workplace risks, falls, handling, equipment, infection controls, emergencies, and reporting, while clinical care training addresses diagnosis, treatment, and clinical decisions.

How does elderly care health and safety support dignity and independence?

Elderly care health and safety supports dignity and independence by matching controls, assistance, equipment, and environments to individual abilities without imposing unnecessary restrictions.

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Conclusion

The course integrates risk assessment, falls controls, moving and handling, infection prevention, equipment safety, emergencies, reporting, staff wellbeing, and inspections. Participants take back an Elderly Care Safety Action Plan with priorities, responsibilities, monitoring steps, and follow-up actions. The plan changes how care teams coordinate protection for residents and personnel.