



# Weekly Lesson Plan

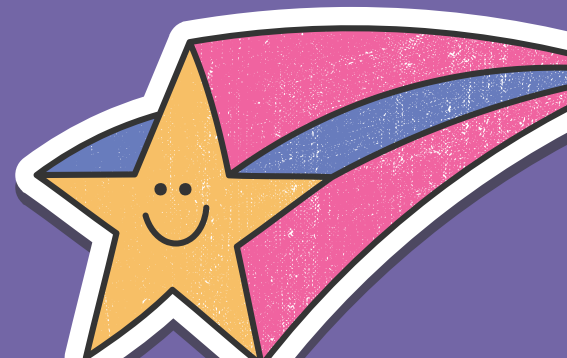
and Listening are noted in the foundational course standards below.

## Course Standard 2

### HS-IHS-2

**Demonstrate standard safety practices for all classroom, laboratory and field experiences. Understand the existing and potential hazards to clients, co-workers, and self, and prevent injury or illness through safe work practices by following current health and safety policies and procedures.**

- 2.1 Identify safety hazards and reduce risk associated with them.
- 2.2 Comply with safety signs, symbols and labels.
- 2.3 Analyze the role and the responsibilities of the healthcare provider (student) in the classroom, laboratory, and various workplace settings in an emergency situation.
- 2.4 Apply basic Emergency procedures and protocol in basic emergency situations and events.
- 2.5 Explain the following agencies' role in healthcare practice: OSHA, CDCP, CLIA, FDA, and ISO.
- 2.6 Apply principles of body mechanics.
- 2.7 Utilize personal protective equipment (PPE) and apply personal safety procedures based on OSHA (Occupational Health and Safety Administration and the Centers for Disease Control and Prevention (CDCP)).





# Weekly Lesson Plan

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Name: Kristine Spivey

Blocks: 3rd & 4th

## Monday

- 2.1 Identify Safety Hazards
- 2.2 Comply with Safety signs

Complete a safety Walk, identify location of AED, fire extinguisher, and safety plans

## Tuesday

- 2.3 Analyze role and responsibilities of healthcare provider
- 2.4 Apply basic Emergency procedures
- Discuss Codes and responsiveness in healthcare setting

## Wednesday

- 2.5 Explain OSHA, CDC, CLIA, FDA, ISO
- 2.6 Apply principles of body mechanics
- Lift a kettlebell while maintaining proper body mechanics

## Thursday

- 2.7 Utilize personal protective Equipment Don & Doff PPE

## Friday

Test over chapter 9 & 11 Safety practices

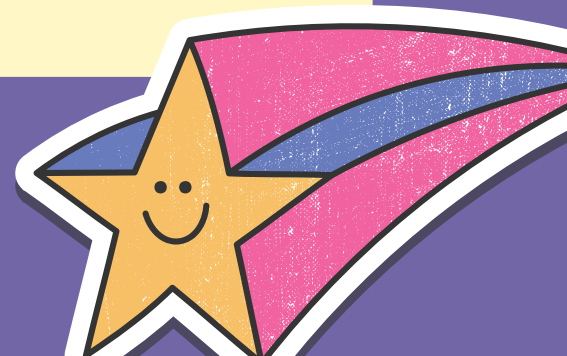
## Notes

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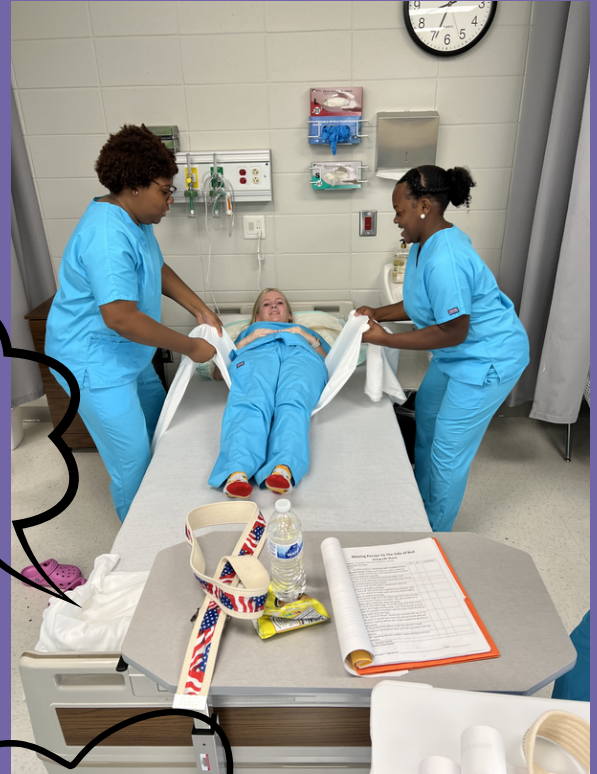
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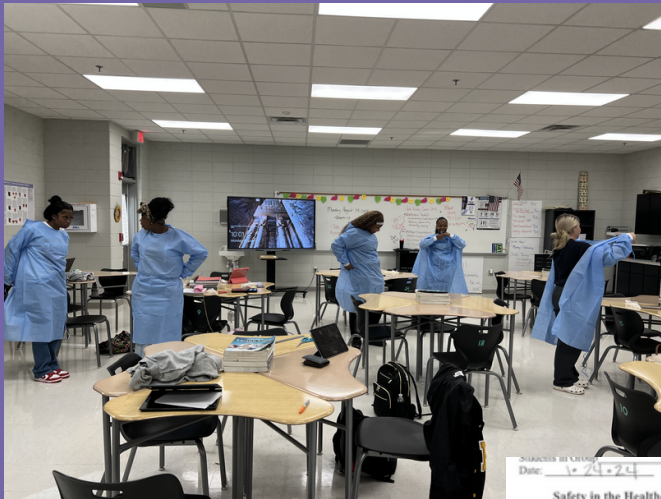




2.1 Lab safety



2.6 Body Mechanics



2.7 Donning and Doffing PPE

Safety Inspection: Name \_\_\_\_\_

1. What is the nearest exit in the case of fire?  
Doors in Classroom - Back exit
2. If your primary exit is blocked which way will you exit the building?  
Through hallway
3. Where is the nearest AED? List the room number next to location.  
B-14 - opening near double doors
4. Where is the exit plan located?  
By Classroom doors.
5. Where is the CLOSEST fire extinguisher?  
Near B-8 in hallway
6. In the case of a tornado where would you report? Per the plan?  
Hallway or Classroom bathroom
7. What does PASS stand for?  
Pull, aim, Squeeze, Sweep
8. Where do you point fire extinguisher?  
base of fire
9. What does RACE stand for?  
Remove, alarm, contain, extinguish
10. How should you react if there is an emergency?  
Stay calm

100

DATE: 10-24-24 Lab area: \_\_\_\_\_

Safety in the Healthcare Setting: Is this area safe or unsafe?

Items To Be Checked	Yes	No	Comments: Must tell why if you check no.
1. Is the proper PPE available? Gowns Goggles Gloves	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Gloves on well
2. Is the walking area safe? (no spills/clutter)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Safety walk complete
3. Are all solutions and bottles labeled appropriately? (date opened, expiration date, correct solution)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
4. Is broken or malfunctioning equipment labeled as such?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
5. Are electrical cords free of damage or danger?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
6. Does all equipment have instructions for use posted or available?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
7. Have all equipment checks been completed?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
8. Are all safety symbols, signs or labels visible where they are needed?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
9. Is the work area clean with all things in their proper place?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
10. Are hand washing supplies available? (Soap, sinks, water, towels)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
11. Are there eye wash or chemical splash stations, and are they clearly identified?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
12. Do you feel like the area is safe?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	



Name: \_\_\_\_\_  
Block: 3rd

-3  
89

- Correct positioning of the body for a given task, such as lifting heavy objects.  
a. RMI's  
b. Tendonitis  
c. Body mechanics ✓  
d. Ergonomics
  - Jessica witnessed a patient fall and  
a. Complete incident report. ✓  
b. Continue working and do n  
c. Call the charge nurse to har  
d. Let the family know that sh
  - Michael has worked making small d  
his shoulder muscle (over use of on  
a. Gastritis  
b. Body Mechanics  
c. Ergonomics  
d. Repetitive Motion Injury ✓
  - Josh has some anthrax that he is go  
a. Street pharmacy ✓  
b. Drug therapy  
c. Bioterrorism  
d. Botulism
  - A good preventative practice that sl  
a. Sit in a slouched position  
b. Only go to the gym if your f ✓  
c. Take snack breaks regularly  
d. Do stretching exercises
  - Naturally, humans have how many i  
a. 2  
b. 4  
c. 3 ✓  
d. 5
  - Jackie is bending over to get a heav  
properly.  
a. True  
b. False ✓
- Identify one risk problem that would increase likelihood of injury.  
a. Good posture  
b. Healthy eating  
c. Obesity ✓  
d. Flexibility
  - Resting your eyes is essential when doing prolonged computer work, how often should you take a break and walk away from the computer?  
a. 10-20 minutes  
b. 20-30 minutes X  
c. 30-45 minutes  
d. 45-60 minutes
  - Marcus is a football player for the GA Bulldogs and has been having crone muscle pain. He is to use a warm whirlpool bath to improve circ  
a. Chemotherapy  
b. Physical therapy  
c. Hydrotherapy ✓  
d. Radiotherapy
  - Ms. Huff is sitting at her desk typing on the i  
should her arms be?  
a. 75 degrees  
b. 125 degrees X  
c. 80 degrees  
d. 90 degrees
  - Calman has been having numbness in her h  
a. RMI ✓  
b. Contusion  
c. Upper Respiratory Infection  
d. Rhinitis
  - The patient arrives to the unit at 4 p.m. and what time would this equate to in military t  
a. 0400  
b. 0800  
c. 1600 ✓  
d. 1800
  - Mr. Hayes is asking when his morning medic computer it would have the time listed as w  
a. 0700  
b. 0900 ✓  
c. 1900  
d. 2100

- What does RACE stand for?  
a. Remove, Alarm, Call, Extinguish  
b. Relay, Alarm, Call, Extinguish  
c. Remove, Alarm, Contain, Extinguish ✓  
d. Relay, Activate, Contain, Extinguish
- When lifting a heavy box off the floor, which muscles should be used to lift safely?  
a. Abdominal muscles  
b. Arm muscles  
c. Leg muscles ✓  
d. Back muscles
- Jessica injured her wrist; she tripped on a cord and braced herself on a doorway. What is the most common treatment she would require immediately?  
a. Splinting ✓  
b. Amputation  
c. Acupuncture  
d. Pinning
- What does OSHA?  
a. Occupation Safety Hospital Administration  
b. Occipital Students Health Administration  
c. Occipital Safety Hospital Administration  
d. Occupation Safety Health Administration ✓

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ng a patient from the bed to the wheelchair what is the first thing you should  
ie arm band  
the patient the patient using leg muscles  
atient on the side of the bed  
i wheels  
id to reduce inflammation.  
ics  
tting  
teroids

2.1, 2.2, 2.3, 2.4, 2.5,  
2.6, 2.7

All portions of  
safety standard  
covered by test  
over Chapter 9 & 11  
from the book