

**Workplace Hygiene, Health and Safety**  
**Practice Guidelines for Professional Bowenwork Practitioners**

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**Class Format:** Home-study

**Hours/CE Credit:** 6 hours

**Cost:** \$150

**Pre-requisites:** None. Learners may start at any time during their training.

**I. Rationale:**

Hygiene, Health and Safety training is a standard requirement for most bodywork professions. This course is designed to provide the Bowenwork practitioner with essential hygiene, health and safety information, consistent with training provided in accredited massage therapy schools.

**II. Presentation Aims and Outcomes:**

***Aims***

The purpose of this 6-hour credit course is to provide professional Bowenwork practitioners with a greater understanding of, and information and resources for, adopting and complying with standardized healthcare provider infection prevention, and control policies and procedures.

***Specific Learning Outcomes***

Upon completion, the learner should be able to implement appropriate actions in the workplace regarding knowledge of:

- Sources of potential pathogenic organisms and infective agents
- Key modes of transmission of pathogenic organisms and infective agents
- Risks of disease acquisition
- Factors that increase the spread of disease and susceptibility to infection
- Effective hand hygiene practices
- Implementing hand care procedures for covering cuts and abrasions
- Using personal protective equipment when necessary
- Employing procedures for respiratory hygiene, sneeze and cough etiquette
- Implementing effective environmental cleaning
- Maintaining clean and contaminated zones
- Employing measures for handling, transporting and disposing of contaminated waste
- Implementing effective sanitation and disinfecting of surfaces, linen, clothing and equipment that have been exposed to infective agents
- Identifying where additional precautions may be required to prevent transmission of infection
- Identifying common skin disorders and infectious diseases
- Identifying when working with a client with a health condition may be a contraindication, require local contraindication or modification measures to be employed
- Conducting a workplace health and safety audit
- Undertaking a workplace risk assessment and identify key areas for potential emergencies and hazards
- Creating a workplace emergency protocol
- Being prepared to manage an emergency situation and operate emergency equipment

- Implementing regular equipment inspections
- Identifying common workplace hazards and employee injuries
- Employing safe workplace practices for the client and practitioner
- Reflecting upon and identifying levels of stress and fatigue, and implement effective self-care practices to minimize burn-out and injury

### **III. Presentation Requirements:**

Competency will be determined by the learner thoroughly reading the manual and successfully completing a 100-point questionnaire, which will be reviewed by the Instructor.

### **IV. Additional Resource Readings:**

Links are provided in the manual text and references section.

### **V. Time Allocation:**

Upon receiving the manual, the student has one month to complete the class and successfully pass the quiz.