



COMmunity of Practice and Safety Support (COMPASS)

Providing home care workers with peer-led training and social support to improve health and well-being and reduce the risk of injury

About this training:

Home care workers often work in isolation. Home care workers often face increased exposure to workplace hazards. They are at risk of injuries and illness due to a lack of access to training, ergonomic tools, and social support.

The COMPASS training is an evidence-based curriculum that guides home care workers in activities and discussions that support safety, health, and well-being.

Training features

- Guided curriculum
- Relevant safety and lessons and activities
- Goal setting, problem-solving guidance
- Available in multiple languages

Participants report

- 76% improved safety behaviors
- 62% enhanced professional support network
- 50% corrected slip, trip, fall hazards in employer's homes
- 63% improved healthy eating



This training was developed with funding from the National Institute for Occupational Safety and Health and led by occupational health researchers:

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Learn more:

<https://bit.ly/3CBVjZ5>