

VIDEOS (Health Care Support Worker)

Being a Personal Support Worker (PSW)

- ❑ **SEIU Healthcare Canada Presents: Walk a Day (4:52)** - https://www.youtube.com/watch?v=YAIVAGGXkOE&list=PLKFNghkXI0xeU_vCFXu4MXXx_6smY0fZB
- ❑ **Home Support Worker (NOC 4412)** <https://www.careertrekbc.ca/episode/home-support-worker>
- ❑ **Justin Trudeau walks a day in a PSW's shoes (3:33)** - <https://www.youtube.com/watch?v=K9Fos6x31XY>
- ❑ **How to perform CPR (4:58)** - <https://www.youtube.com/watch?v=cosVBV96E2g>

Health & Safety – Diseases and Conditions

- ❑ **Sleep and the Common Cold (4:08)** - <http://canadaam.ctvnews.ca/health/dr-marla-sleep-shortage-increases-likelihood-to-catch-a-cold-study-finds-1.2542316>
- ❑ **What are the Types of Hepatitis (A, B, C, D, and E) (2:53)** <https://www.youtube.com/watch?v=xdsdz8lhMDQ>
- ❑ **Clostridium Difficile (3:03)** - <https://www.youtube.com/watch?v=zGB4zSZaxHE>
- ❑ **Influenza/aka “flu” (2:21)** - <https://www.youtube.com/watch?v=ksEjiDDaLu4>
- ❑ **Stroke Signs (2:23)** <http://www.cbc.ca/player/play/2668800243>
- ❑ **Shift Work and Health (3:59)** - <http://canadaam.ctvnews.ca/health/dr-marla-why-shift-work-might-be-expanding-your-waistline-1.2106950>
- ❑ **Stop the Spread of Germs (1:03)** - <https://www.youtube.com/watch?v=YuNhhqYWNSU>

Health & Safety – Food Safety

- ❑ **Wash: How Clean Is Your Kitchen? (1:00)** - <https://www.eatright.org/homefoodsafety/multimedia/videos/wash-how-clean-is-your-kitchen-motion-graphic-video>
- ❑ **Preparing Foods with Four Easy Steps (0:54)** - <https://www.eatright.org/homefoodsafety/multimedia/videos/preparing-foods-with-four-easy-steps-video>

- Kitchen Safety: Simple Steps to Avoid Food Poisoning (0:30)** - <https://www.eatright.org/homefoodsafety/multimedia/videos/kitchen-safety-simple-steps-to-avoid-food-poisoning-motion-graphic-video>
- Cook: Is It Done Yet? (0:47)** - <https://www.eatright.org/homefoodsafety/multimedia/videos/cook-is-it-done-yet-motion-graphic-video>
- Is My Food Safe? (1:53)** - <https://www.eatright.org/homefoodsafety/multimedia/videos/is-my-food-safe-app-review-video>
- HANDOUT – Understanding Food Labels**

Using Fractions to Convert Recipes

There are many free recipe conversion tools available online (ex: cellular phone apps, websites). In the following recipe converter, to double the Easy Apple Crisp Recipe shown below, simply click the “Recipe Converter” button, paste or enter the ingredients in the web page (link is below), to double the recipe enter 2 in the “Multiplier” box, then click multiply.

- Recipe Converter - <http://www.mykitchencalculator.com/>

Easy Apple Crisp Recipe

6 apples - peeled, cored, and sliced
 2 tablespoons white sugar
 1/2 teaspoon ground cinnamon
 1 cup brown sugar
 3/4 cup old-fashioned oats
 3/4 cup all-purpose flour
 1 teaspoon ground cinnamon
 1/2 cup cold butter

1. Preheat oven to 350 degrees F (175 degrees C).
2. Toss apples with white sugar and 1/2 teaspoon cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.
3. Mix brown sugar, oats, flour, and 1 teaspoon cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the apples to the edges of the baking dish. Pat the topping gently until even.
4. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

- Other Online Conversion Tools – <http://www.onlineconversion.com/cooking.htm>

OPTIONAL Self-Learning Videos (math by hand)

- Dividing Fractions (5:12) - <https://www.youtube.com/watch?v=4lkq3DgvmJo&nohtml5=False>
- Multiplying Fractions (5:41) - <https://www.youtube.com/watch?v=qmfXyR7Z6Lk&nohtml5=False>
- Simplifying Fractions (8:30) - <https://www.youtube.com/watch?v=AtBUQH8Tkqc&nohtml5=False>

Health & Safety – The Human Body

- Digestive System (3:49) - <https://www.youtube.com/watch?v=bFczvJp0bpU>
- Circulatory System (3:00) - <https://www.youtube.com/watch?v=CWFyxn0qDEU>
- Excretory System (2:01) - https://www.youtube.com/watch?v=XF_IF3J4ZKs
- Nervous System (4:30) - <https://www.youtube.com/watch?v=sjyl4CmBOA0>
- Respiratory System (3:28) - https://www.youtube.com/watch?v=hc1YtXc_84A
- Skeletal System (5:40) - <https://www.youtube.com/watch?v=wmYBpCe5paM>
- Muscular System (5:50) - <https://www.youtube.com/watch?v=rMcg9YzNSEs>
- The Senses (5:08) - <https://www.youtube.com/watch?v=oS745z8nLiq>

Other Optional Videos:

- Heart Disease (3:14) - <http://canadaam.ctvnews.ca/health/the-health-of-canadians-looking-back-at-60-years-of-heart-health-1.2218264>
- Kidney Function (7:57) - <https://www.youtube.com/watch?v=ctGkLYuUCvU>

Health & Safety – Safety Issues - Housekeeping

- REALISTIC VIDEO: House Cleaning Tutorial by Oxford HealthCare (15:19) <https://www.youtube.com/watch?v=bJg4hdNfoh8>

Optional “How to” Videos:

- Disinfect Your Home (3:20) - <https://www.youtube.com/watch?v=f3BGDdygT3w>
- How to Clean and Sanitize the Kitchen (specific short videos) <http://www.howcast.com/videos/248050-how-to-clean-and-sanitize-the-kitchen/>

- **WHMIS** (21:34) - <https://www.youtube.com/watch?v=sO3l5bY330o> from Eddie the virtual educator. Timelines are:
 1. 0:01 (WHMIS)
 2. 5:27 (Hazardous Materials)
 3. 13:30 (WHMIS Labels)
 4. 15:15 (MSDS)

Related Websites

- **PSW Program, St. Lawrence College** - https://www.stlawrencecollege.ca/programs-and-courses/full-time/programs/n_z/personal-support-worker/cornwall/
- **PSW Program, Agora Centre** - <http://www.coned.cdsbeo.on.ca/psw/> (good video)
- **Personal Support Worker Canada** <http://www.personalsupportworker.com/>
- **NOC [4412](#)** - Home support workers, housekeepers and related occupations