

**Specification of Competency Standards**  
**for the Elderly Care Service Industry**  
**Unit of Competency**

Functional Area - Clinical Care

Title	Comply with the Safety Principles of Rehabilitation Exercises
Code	110791L2
Range	This Unit of Competency is applicable to practitioners who provide rehabilitation services in the elderly care service industry. The application requires performing a range of tasks in predictable and structured working environments, and its execution requires understanding abilities and interpretation skills. Practitioners should be able to understand and strictly comply with the safety principles of rehabilitation exercises, so that the elderly persons can perform rehabilitation exercises safely.
Level	2
Credit	3 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on rehabilitation exercises</p> <ul style="list-style-type: none"> <li>• Understand the safety principles of different types of rehabilitation exercises and the organization</li> <li>• Understand the precautions before performing rehabilitation exercises, such as: <ul style="list-style-type: none"> <li>○ Perform risk assessments before rehabilitation exercises, such as: whether the elderly's physical and mental conditions, clothing, etc. are suitable for training</li> <li>○ Safe venue or home environment</li> <li>○ Explain to the elderly the training procedure, in order to obtain their cooperation, etc.</li> </ul> </li> <li>• Understand the content and precautions of rehabilitation training for the elderly prescribed by medical professionals, such as: <ul style="list-style-type: none"> <li>○ Training standard movements, posture requirements, intensity, frequency and duration, etc.</li> <li>○ Things to observe and pay attention to during training, such as: pain, respiratory condition, subjective complaints, physical reactions, quality of movements, rest time, etc.</li> </ul> </li> <li>• Understand the potential risks of different types of rehabilitation exercises for the elderly</li> <li>• Understand the need to immediately stop rehabilitation exercises</li> <li>• Understand the skills of reporting clearly</li> </ul> <p>2. Comply with the safety principles of rehabilitation exercises</p> <ul style="list-style-type: none"> <li>• When assisting the elderly in performing rehabilitation exercises, comply with the safety regulations of the organization and instructions by medical professionals</li> <li>• Ensure that the staff proactively reports to the relevant senior/supervisor/medical professionals when they have doubts about the elderly's safety, and suspend the training session before providing instructions, in order to ensure the safety of the elderly</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Understand the compliance with the safety principles of rehabilitation exercises, in order to protect the safety and interests of the elderly, staff and the organization</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Able to understand and comply with the relevant safety knowledge and principles of rehabilitation exercises, to ensure that the elderly can safely perform rehabilitation exercises.</li> </ul>

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Remark	Practitioners who perform this UoC possess knowledge on rehabilitation exercises.
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