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Cold and Flu Prevention

(12221)



Course Description

The 'Cold and flu prevention' course is designed to reduce the number of sick days by encouraging workers to get the flu shot and, if they are sick, to apply hygiene techniques that reduce the spread of infection. The goal is to reduce the number of unproductive working days by having a healthier workforce. This course is most effective when used as a promotional piece for an organisation's annual work flu shot campaigns.



Learning Outcome

After completing this course, you will have an understanding of:

- The difference between a cold and the flu.
- How we can reduce the spread of colds and flu.
- What to do if you have the cold or the flu.

The course teaches simple hygiene techniques and encourages the annual flu shot. The training also busts some common myths around the cold and the influenza virus, and gives a summary of their symptoms.

This course has been created in collaboration with Kineo and the University of South Australia.



Course Features

- Adaptics - Kineo's unique approach to refresher training
- professional audio
- animation and interactivity
- WCAG 2.0 accessibility
- mobile compatibility
- formative assessments, and
- a certificate of completion.



Audience and Duration

This course is for all workers, including those who work in workplaces where a work flu shot is provided and those where workers are encouraged to fund their own. Workplaces specifically targeted in the course are:

- Office
- Aged care
- Child care
- Construction
- Hospitality

Duration: 10 minutes