

Home Safety Tips



Home safety is no accident. Accidental injuries are one of the most common reasons for visits to the emergency room. How safe is your home? Most homes could probably be safer, especially if children live in them. Hopefully the following tips will help you in preventing an accident to you or your loved ones.

Electrical Safety:



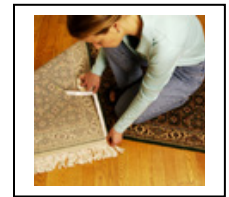
- Cords should not be placed beneath furniture and rugs or in normal pathways.
 - Replace frayed cords.
 - Extension cords should never be overloaded. Check the rating labeled on the cord and appliances.
 - Multiple outlet adapters should not be used on electrical outlets.
- * Infractions of these standards can cause fires!**

NEVER!

Rugs, Runners, and Mats

- Loose rugs, runners, and mats should be secured to the floor with double sided adhesive or rubber matting.
- Carpet edges should be tacked down.
- Torn, worn, frayed carpeting should be repaired, replaced, or removed.

*** Failure to comply with these standards can result in falls and injuries.**



Telephone



- Locate at least one phone where it is accessible in the event an accident renders a person unable to stand.
- Emergency numbers should be posted near the telephone.
- The phone number of the home should be posted on or near the phone.

Fire Safety

- Fire regulations recommend one smoke detector on every level of the home. Be sure to check that it is working properly, yearly.
- Develop an evacuation plan to exit the residence in the event of a fire. Prioritize family members who are dependant, non-ambulatory, or will require assistance.

Home Safety Tips (cont.)



Fire Safety (cont.)

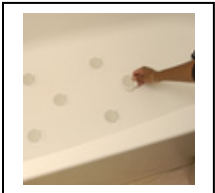
- Establish clear pathways to all exits. **DO NOT BLOCK EXITS** with furniture or boxes.
- Have a **KEY** accessible near deadbolt locked doors.
- **DO NOT LEAVE COOKING** unattended for extended periods of time.
- Chimneys should be inspected annually to avoid dangerous build up of creosote.



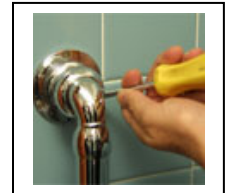
Cupboards and Closets

- Cupboards should be organized so that frequently used items are on the lower shelf.
- Sturdy step stools should be used to retrieve items off the higher shelves.
- Heavy items should be stored flatly on lower levels of closets and cabinets to avoid falling and injuries.

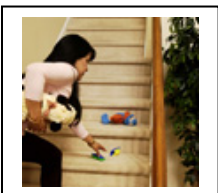
Bathroom



- Tubs and showers should have textured surfaces or non skid mats or strips to avoid falls.
- Grab bars to assist transfers should be installed tubs, showers, and toilet areas.
- Check water temperature with your hand before entering the tub or shower.
- Night lights should be used in the bathroom.



Stairs, Hallways, Passageways

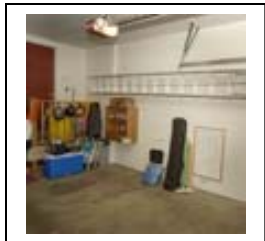


- Stairs, hallways, passageways between rooms should be well lit and free of clutter
- Avoid using stairs while wearing only socks or smooth soled shoes.
- Stairs should be sturdy, firmly attached to the building and have sturdy, well secured handrails on both sides.

Home Safety Tips (cont.)



Basement



- Use correct size fuses at all times.
- Gasoline, paint solvents, or other such products should be stored in covered containers away from heaters, furnaces, water heaters, ranges and other appliances.
- Entrance and basement should be cleaned thoroughly and clear of clutter.
- Old newspapers and cleaning cloths **SHOULD NOT** be stockpiled.

Outdoors

- Entrance ways should be clear of leaves, snow, and ice.
- Entrance ways should be well lit for night time use.



Medication

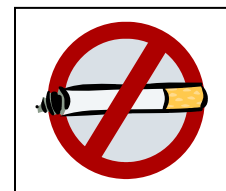


- Should be stored in their original containers
- Clearly marked with dosage and time of administration.
- If the patient is confused, medications should be controlled by a responsible individual.

Oxygen Safety



- Use only on the prescription of your physician.
- Do not change the prescribed liter flow without notifying your physician.
- Do not smoke in an area where oxygen is in use.
- Do not store near flame or heat.
- Do not attempt to move cylinder. If you need to have a cylinder moved call ArmsCare Inc.



Home Safety Tips (cont.)



Hand washing

- Wet hands under warm running water.
- Apply soap and thoroughly distribute over hands.
- Vigorously rub hands together for 10 to 15 seconds, applying friction to all surfaces.
- Thoroughly rinse hands.
- Thoroughly dry hands.
- Rinse well under running water. Hold hands so that water flows from the wrist to the fingertips. Good rinsing minimizes dry skin.
- Dry hands completely with a clean paper towel or air dryer. Pat your skin, rather than rubbing to avoid chaffing.

