

Suggestions About Living Safely

United Homecare Services works closely with clients and client families to provide a safe living environment. Working hand in hand, and following a few basic rules of safety, we hope to minimize common personal and household hazards.



Living Safely: OR
Rev. 06/05

Accessibility to the home:

1. Steps and walkways should be easy to manage.
2. Stairways may need handrails.

General Household Safety:

1. Remove scatter rugs and unnecessary furniture, clear paths around bed.
2. Be sure telephone is within easy reach. Place home phone number and address on every phone in the home.
3. Never leave a person home alone that cannot physically or mentally get out of the house in case of a fire or other disaster.
4. Be sure lighting is adequate and have working flashlights for emergencies.
5. Be aware of faulty floors, high-waxed floors, sharp edged furniture, hot water pipes and radiators.

Bathroom Safety:

1. Add tub and toilet safety grab bars and/or bath bench if needed.
2. Use mats or no-skid strips for tub.
3. Consider using a raised toilet seat.

Kitchen Safety:

1. Wipe up spills quickly.
2. Use stove safely, turning off burners as soon as use is finished.
3. Make sure food is not outdated to avoid spoiling and bacteria.

Household Work Safety:

1. Assign heavy cleaning for others.
2. Eliminate unnecessary tasks.
3. Pace yourself and plan ahead to avoid fatigue.

Body Mechanics:

1. Remember that pushing an object is easier on the back than pulling it.
2. Keep the person or object lifted as close to the body as possible.
3. When lifting a person or object, remember to bend from the knees, keeping the back straight.

Medical Equipment/Medications:

1. Keep a 3-day supply of all needed medications.
2. Know how to obtain supplies and what your supplier's phone number is.
3. Do not store sterile supplies or medications in the bathroom where moisture and bacteria are the highest.
4. Dispose of unneeded medications by flushing the medication down the sink or toilet.

Fire Prevention and Response:

1. Keep clothing, newspaper, curtains and feet away from stove and heaters.
 2. Make sure your electrical cords are in safe condition.
 3. Have an alternate heat source in case of a power outage.
 4. Check smoke detectors regularly.
 5. Keep a fire extinguisher centrally located.
 6. Do not smoke in bed or in the presence of oxygen.
 7. Electric blankets should be used with care and should be on lowest setting.
 8. Have an evacuation plan in place. Exits and windows should be clear of obstacles.
 9. Throw oily rags away in tightly closed metal containers after use.
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