

Company Name
New Admission Packet

Patient Name:

MR#

Home Safety Guidelines

*** General Information:**

- Install proper locks and keep doors locked. Ask visitors to identify themselves before opening the door. Open the door only if you know the person, or if you are expecting that person
- Be cautious with sharp objects
- Mark glass doors and windows with decals

*** Medication Safety:**

- Keep all medications in original containers and label clearly.
- Write medication schedule and take only as prescribed.
- Be aware of side effects of medications

*** Poison Prevention:**

- Label all poisons.
- Keep all substances in their original containers.
- Do not mix cleaning products, such as chlorine and ammonia.
- Have syrup or IPECAC on hand.
- Store cleaning agents away from foods and medications.

*** Fall Prevention:**

- Remove all scatter rugs forever.
- Tack down the edges of all carpets.
- Never leave articles of clothing on the floor.
- Keep boxes out of hallways or stairwells.
- Keep electric cords, telephone cords, newspaper, magazines and other clutter away from walking areas.
- Use handrails that are sturdy and strong.
- Avoid use of extension cords.
- Lift feet when walking
- Wear proper fitting shoes with non-skid soles.
- Do activities and exercises to improve balance and strengthen legs.
- Do not attempt to climb or use ladders.
- Have sufficient lighting throughout house.

*** Bathroom:**

- Install grab bars or handrails by toilet and tub.
- Place skid-proof floor covers and tub/shower mats in bathroom.
- Install a stable tub/shower seat.

*** Kitchen:**

- Store commonly used items within easy reach.
- Use a cart to move heavy or awkward objects.
- Avoid the use of floor wax. Use the non-skid type and never walk on wet floors.

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*** Stairs:**

- Install handrails and always use them.
- Place a strip of bright tape on the top and bottom step on each staircase.
- Place non-skid threads on steps.

*** Bedroom:**

- Use nightlight in hall between bedroom and bathroom.
- Take your time, get up from bed or chair slowly to avoid dizziness.
- Sit on the edge of the bed or in a chair when putting on socks, shoes, or slacks.
- Ensure that side rails are in upright position on hospital beds.

*** Living Room:**

- Avoid sharp-cornered furniture.
- Utilize proper transfer techniques (ex. Chair to bed or toilet).
- Utilize proper ambulation techniques; use walker, cane or crutch as prescribed.
- Utilize wheelchair safety:
 - Install ramps; 12 foot ramp for 1 foot rise.
 - Rearrange furniture placement and always lock wheels.

*** Fire Safety:**

- Make an escape plan; then practice it.
- Keep at least one fire extinguisher; check the charge often.
- Be aware that nylon catches fire.
- Do not every smoke in bed!
- Be very careful with space heaters; do not tip them!
- Make sure your electrical wiring is not frayed and is free of shorts.
- Keep electrical appliances away from water and unplug after use.
- Have smoke detectors properly located; check battery monthly.
- Store flammables properly.
- Turn off oven and stove; clearly mark controls on stove.
- Be cautious around any open flame heater or fireplace.
- Do not use lighted matches or lighters around any suspected natural gas leaks.

*** Burn Prevention:**

- Always check hot water for temperature; label hot and cold faucets.
- Keep pot handles turned to the back of the stove.
- Keep flammable towels away from the stove.
- Open lids away from you to avoid steam burns.
- Use heating pads with caution:
 - Use only on low (unless Doctor/Nurse states otherwise)
 - Check area frequently for redness
 - Do not apply directly to skin.

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*** Medical Equipment Safety:**

- The company that supplies your medical equipment should instruct you in the safe use of each item.
- If you have question or need assistance with any item, please ask your nurse!
- If a piece of equipment breaks or seems not to work correctly, notify the company that brought the item to you immediately!
- Do not use an item unless you are sure it is working properly.
- Never smoke when Oxygen is in use.

*** Cold Weather Precautions:**

- Avoid icy sidewalks and porch steps.
- Always cover head, hands and feet if you are going out.
- Use warm blankets, clothes and socks.