



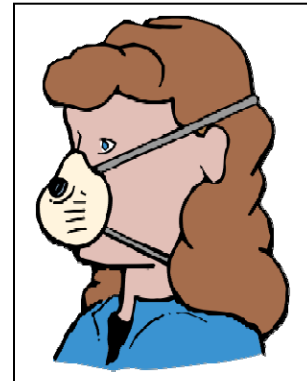
# Safety

# Universal Precautions

These are methods that every individual should use as a means of protecting oneself from getting ill. They should be followed by anyone providing a service, which may include contact with blood or body fluids. Body fluids include semen or vaginal secretions, sputum, or other internal body fluids such as urine or feces.

## Basics of Universal Precautions:

- Use protective barriers such as gloves or a facemask depending on the type and amount of exposure expected.
- Be careful about always washing your hands before and after tasks.
- Avoid accidental cuts or needle sticks. Keep cuts covered.
- Use soap and water or bleach solution to clean and disinfect any surfaces contaminated with blood or body fluids.
- Follow special laundry procedures as needed.

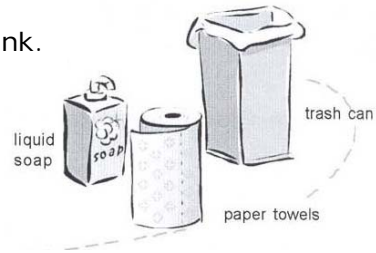


You should wash your hands:

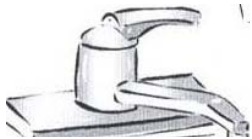
- Before and after contact with consumer
- Before eating
- Before and after preparing food
- Before putting on and after removing gloves
- Before and after using the restroom
- After removing protective clothing
- After contact with body fluid or other contaminated items
- After blowing nose, sneezing, coughing, etc
- After cleaning
- After smoking
- After handling pets

# Hand Washing

1) Make sure you have everything you need at the sink.



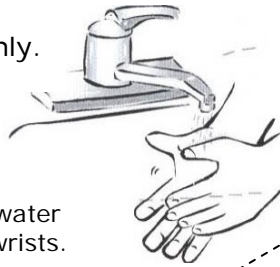
2) Turn on warm water.



Keep warm water running while washing your hands.

3) Rub palms together to make lather. Scrub between fingers and entire surface of hands and wrists.

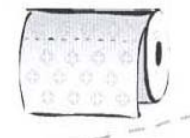
4) Rinse hands thoroughly.



Point fingers down so water does not run up your wrists.



5) Dry hands with a clean paper towel.



6) Use a clean paper towel to turn off the faucet. Use hand lotion if available to prevent chapping.

**HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.**

# Removing Gloves Safely

**Assume that all used gloves are contaminated. When you remove them, follow these steps so that the outside of the gloves does not touch your bare skin.**

1) With one gloved hand, grasp the other glove just below the cuff.

2) Pull the glove down over your hand so it is inside out.



3) Keep holding the glove with your gloved hand and crumple it into



4) With two fingers of the bare hand, reach under the cuff of the second glove.



Danger: DO NOT touch a bare hand to a dirty glove.

5) Pull the glove down inside out so it covers the first



6) Both gloves are now inside out. You can throw them away safely.



7) Wash your hands.

# Home Safety and Emergencies

One of your responsibilities as a caregiver is to discuss with the consumer the best way to make sure the consumer is safe. Providing for a consumer's safety means:

- ❖ Knowing about possible safety hazards in the home
- ❖ Finding ways to make things safer
- ❖ Knowing how to handle emergencies if they happen

## Safety Hazards in the Home

- Hazardous chemicals/cleaners
- Electrical cords
- Throw rugs/floor coverings
- Water
- Walkways



## Making Things Safer

Hazardous chemicals/cleaners:

- Label all containers.
- Know what steps need to be taken if the chemical is swallowed, splashed in the eyes, or comes in contact with the skin.

Electrical cords:

- Do not use a cord if it is frayed or has exposed wires.
- Keep cords out of walkways.
- Do not place cords under rugs.
- Avoid overloading electrical outlets. Throw rugs/floor coverings
- Secure all floor coverings to prevent tripping and falls.
- Repair loose threads or holes in carpets.

Throw rugs/floor coverings:

- Secure all floor coverings to prevent tripping and falls.
- Repair loose threads or holes in carpets.

#### Water:

- Clean spills immediately to prevent slips or falls.
- Keep electrical appliances away from water.
- Use handrails and bathmat in tub/shower to prevent slips or falls.
- Set maximum water temperature on water heater to 120 degrees to prevent burns.

#### Walkways:

- Keep walkways clear of clutter.
- Allow space for using walker, cane, or wheelchair.
- Keep walking paths well lit to prevent tripping.

### Handling Emergencies

- Discuss with your consumer a plan for handling emergencies.
- Know the location of first aid kit/emergency supplies.
- Have a list of numbers to call in an emergency: family, physician, social worker.
- Have consumers' medical information available for emergency response personnel.
- Know what exit routes to take in case an emergency evacuation is needed.
- Post the full address near all telephones, so it is available if calling 911.
- Know if consumer has a living will, an advanced directive or a "Do Not Resuscitate" (DNR) order, and where it is located. This information is needed for any emergency personnel that may respond to a 911 call.

#### When calling 911:

- Briefly describe the problem.
- Give address and the nearest major street or intersection.
- Stay on the phone and follow the directions of the emergency.

# Preventing Falls

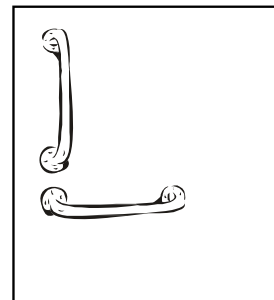
\* Wet, slippery surfaces make bathrooms high-risk areas for falls.



- Use mats in showers and tubs.

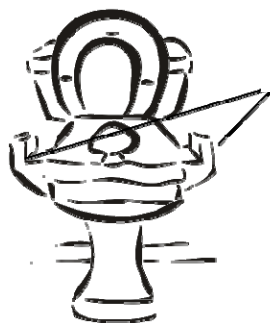


- Use hand rails in tubs and next to toilets.



- Two rails are better than one.

- Use raised seat rests on normal toilets.



Hand grips

- Safety toilet seats make standing and sitting easier. Hand grips help prevent falls. Special seats for the bath are also available.

\* Watch for fall hazards.



- Throw rugs are a serious trip hazard - even if they have a non-slip mat.

- All rooms should have good lighting, especially hallways and stairs.

- Stairs should have a strong hand rail and be free of clutter.

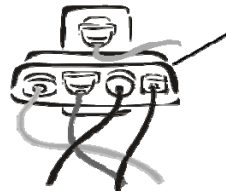


# Fire Prevention Watch for Fire Hazards

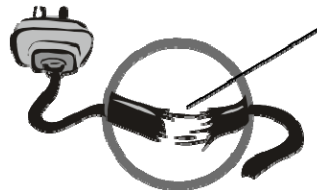
\* Using damaged electrical cords or plugging too many cords into an outlet can start a fire.

Do not use:

- Lamp, appliance and extension cords that are frayed, discolored, or cracked.
- Cords under rugs - stepping on them can break the cord and start a fire.
- More cords in the outlet than it is made to take.



Danger!  
Outlet splitters  
can cause fires.

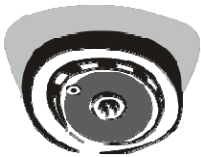


Sparks can  
cause fires.



This outlet is  
made for 2  
cords only.

## \* Smoke Alarms



- Batteries need to be replaced twice a year.

\* If your consumer smokes, encourage smoking safety rules.



- No smoking in bed or when sleepy.
- Smoking near oxygen tanks is like smoking near a bomb.
- Move ashtrays away from things that burn easily, including papers, drapes, bedding, and cloth furniture.



- Empty ashtrays when ashes are cool. Hot ash can cause fires.





