



Client Safety Information Sheet

HOME SAFETY

You can protect yourself and / or your Caregiver from injuries or accidents at home.

GENERAL SAFETY TIPS

- Keep all emergency numbers by your telephone
- Be sure you have enough light to see where you are walking at night. Keep a night light on in the bathroom and in hallways, or keep a flashlight by your bed.
- Keep all of your medical – infusion supplies and soiled dressings out of reach of children. If possible, keep supplies in a separate, locked area.
- If using electric medical equipment and your home does not have three pronged outlets, you must use three-pronged adapter. Safe use of adapter, securely attach the green wire to the centre screw of the outlet cover plate. Ask for assistance from your medical equipment provider.
- Avoid wet floors; wipe up spills immediately.
- Avoid wearing only socks, smooth-soled shoes or slippers on uncarpeted floors
- Keep a clear path throughout your home environment. Move objects that could trip you. E.g.: electrical cords, throw rugs, garden hoses and general clutter
- Lift only small amounts of supplies at a time. Remember to bend your knees and keep your back straight. If possible, ask for help from your family/friends.
- Keep walkways, driveways and outside stairs to your home free of clutter and ensure they are properly maintained during the ice and snow season. Keep road salt and sand handy to throw on outside walking areas and also stair areas.
- Make sure you have adequate lighting at all entrance ways on the inside and outside of your home.

This information is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. You should not rely entirely on this information for your health care needs. Ask your own doctor or professional health care provider of any specific medical questions that you may have.

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MEDICATION SAFETY

- Remember to inform the home care nurse if any of your medications change.
- Throw out expired medications and never take someone else's medications.
- Read your medication labels and take them exactly as directed.
- Inform your physician, pharmacist and home care nurse about all the medications you are taking (both prescription and over the counter).

DISPOSAL TIPS

- If you have a procedure that requires needles, DO NOT re-cap your needles. To prevent accidental needle sticks to yourself and/or others, all used needles and syringes should be disposed of in the sharps safety disposal container provided. If you do not have a sharps safety disposal container, inform your home care nurse, physician or pharmacist.
- If you have soiled dressings, disposable sheets and medical gloves, place them in securely fastened plastic bags before you put them in the garbage with your other trash.
- If you are receiving chemotherapy at home, all used chemotherapy drugs and supplies should be disposed of in the safety containers provided. Read all chemotherapy related information that is given to you by your health care professional to ensure protection for both you and your caregivers.

**SHARPS
DISPOSAL**



**DEPOSIT USED
SYRINGES HERE**

FIRE SAFETY

- Make sure fire exits are free of clutter so you can get out should a fire occur.
- **Never smoke or let others smoke around oxygen containers.**
- Don't smoke in bed, or if you're feeling sleepy.
- Ask your home care nurse if you require further information.
- **Never smoke or let others smoke while oxygen is in use in your home.**
- Keep a fire extinguisher handy and learn how to use it.
- Keep all electrical appliances in good working order.
- Make sure your smoke/fire detectors are in good working order. Change your batteries when you change your clocks-during Daylight saving time.

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