

HOME SAFETY GUIDELINES

General Safety Guidelines

Stairways:

- * keep free of clutter (this includes hallways and exits) and well lit surfaces should be non-slip
- * should have safe and sturdy railings or banisters

Floors:

- * throw rugs should have non-slip backing and be avoided in high traffic areas
- * avoid heavy wax or polish as this can be a slip hazard
- * wipe up spilled liquids, grease and food particles right away
- * wear shoes or slippers rather than going barefoot when walking (if shoes have laces, it is recommended that they be tied to prevent tripping)
- * avoid hurrying

Storage:

- * store all poisons, dangerous chemicals and cleaning agents away from food items and out of reach of small children
- * clearly label all chemicals

Miscellaneous:

- * place emergency numbers within easy reach of telephone
- * night-lights should be used in bedrooms, bathrooms and hallways
- * doorways and exits should be clear of furniture and clutter

Fire Safety Guidelines

Smoking:

- * lighted matches and cigarettes should be put out completely before throwing them away
- * do not use shallow ashtrays
- * avoid smoking in bed

Stoves:

- * stoves should not be by curtained windows
- * pot handles should be turned toward back of stove
- * be certain that long sleeves and loose clothing are away from flames or burners when cooking

Miscellaneous:

- * smoke detectors should be placed on each level of the home
- * when space heaters are in use, be sure room is well ventilated
- * bright lights should never be covered with material to dim the light. Instead, use a smaller watt bulb or night-light

In Case of Electrical Fire:

- * Get everyone out of the area.
- * Report the fire.
- * If the fire is small, such as a piece of equipment:
 - a. Pull the plug, turn off the switch, or trip the circuit breaker
 - b. Extinguish the fire with a "Class C" fire extinguisher (made specifically to put out electrical fires).
- * If the fire is large or threatens flammable materials: DO NOT ATTEMPT TO FIGHT THE FIRE YOURSELF.
- * NEVER use water on an electrical fire.

Electrical Safety Guidelines

Outlets

- * plugs and sockets should fit firmly
- * all unused outlets should have child-proof caps inserted
- * unplug any plugs from outlets that form a connection that is warm to the touch. Do not use them until replacement or repair has been performed.
- * grasp the plug to remove it from the outlet. Never pull on the cord.

Cords:

- * avoid use of extension cords
- * if extension cord is in use, avoid overloading them
- * check cords for fraying, hard wires or other defects (especially at point which cord attaches to equipment)
- * keep cords away from oil or grease and avoid use in high traffic areas

Electrical Appliances / Equipment

- * all electrical devices should be properly grounded.
NOTE: "cheater plugs" (which convert 3-prong plugs into 2-prong plugs) must be properly installed if used.
- * never touch an electrical appliance and plumbing at the same time
- * disconnect equipment that sparks, stalls, blows a fuse, or gives the slightest shock
- * report equipment malfunctions to your home medical equipment supplier

Circuits:

- * make sure circuits are not overloaded
- * repairs to wiring and circuits should be done by a qualified electrician only

Oxygen:

- * oxygen increases the flammability of other material
- * take precaution to prevent sparks in oxygen therapy areas

In Case of Electrical Shock:

- * DO NOT TOUCH the person shocked. If you touch the victim with your hands, you could be shocked too.
- * Turn off the power or pull the plug to the machine, appliance, or equipment.
- * If you are unable to cut off the power, call your electric company.
- * Call your local emergency services to treat the victim.

Bathroom Safety Guidelines

Bathtub / Shower:

- * do not use electrical appliance in or near tub or shower
- * rubber mats or non-slip strips on tub or shower floor are recommended
- * avoid use of oil as this will make the tub slippery
- * soap holder handles or towel racks should not be used as support bars when getting in or out of tub
- * be sure feet are dry before stepping onto tile floors

Medicine Cabinet:

- * medicines should be clearly labeled
- * prescription medicines should be thrown away when date on container is old