

Safety, First Aid and Emergency

Typed from safety Youtube video

Safety Hazards - all Jobs have safety hazards associated with performing job duties. Providing care to your loved ones is no different. As with any job. It is important that the hazards are known, you know how to prevent them and what to do if an accident occurs.

Potential hazards to you: Lifting injuries: occur from lifting or moving you and your clients or heavy objects. **Falls:** occur on wet or cluttered floors and from careless actions. **Wounds:** occur from knives while preparing food or from sharp edges. **Assault:** occurs from aggressive or agitated clients or from others outside your client's home. **Electrocution:** occurs from electrical equipment or frayed electrical cords. **Burns:** occur from cooking hot liquids, cigarettes, etc.

Potential hazards to your clients: **Poisoning:** caused by spoiled food; too much or the wrong medication; accidentally drinking cleaning products or other poisonous materials. **Burns:** caused by cigarettes, hot food or liquids. **Suffocation:** caused by choking, drowning, smoke, pillows, etc. **Crime:** related to assault or theft by strangers, family members or others.

Potential hazards to your clients with special needs suffering from: **Dementia** (memory loss) are at risk in some situations which are normal for other people. **Physically disabled:** may need special care to prevent accidents. Poor eyesight, hearing or coordination: may need care to prevent accidents. **Communication difficulties:** either because of memory loss, medication or a language barriers are at increased risk for accidents.

Preventive Measures: Some ways that you can prevent common situations from turning into an emergency.

Oxygen: when oxygen is being used in the home the greatest danger is fire or explosion. **Avoid:** smoking or open flames, using electrical appliances near an oxygen tank, flammable liquids around the area where the oxygen is being used and wool or synthetic fabrics as they cause static electricity.

Other important information if your client uses oxygen in the home, do not use petroleum jelly (Vaseline) if your client's nose or lips becomes dry or irritated. Only use

a water-based lubricant such as K-Y Jelly to moisten. Petroleum based products are flammable!

All homes that have oxygen should have a notice clearly stating oxygen is being used located on the front door. Notify your local fire department, electric company, and telephone company that oxygen is used in the home. They will restore power sooner to the house or neighborhood if the power goes out. Keep their phone numbers in a place where you can find them easily.

Fire Prevention: Never leave stoves unattended. When using the stove, keep clothing and other flammable obstacles away from the gas flame or electric burner. If your client smokes, supervise them carefully and never allow him/her to smoke in bed. Report gas odors to the Gas Company immediately and be prepared to evacuate everyone. Plug appliances directly into outlet, not into extension cords or adapters. Do not use worn electrical cords or any malfunctioning equipment. Know where fire extinguishers are and read the instructions on how to use them. (This may be asked of you during an aide supervision)

Evacuation Plans: A good preventative measure in any setting is to have an evacuation plan in case of fire or any other emergency. Draw a plan indicating where doors and windows that can be used for escape are located. Check the doors and windows to see if they can be opened easily. Be sure that you know how to open any special locks or burglar barriers quickly. Discuss your escape plan with your client and their family. Be sure to have the family's phone numbers at hand in the event of an evacuation. Remember it is important to leave quickly. No one should take anything that will slow down his/her escape or place you and your client in danger.

(This may sound silly, but many of our clients have older homes and not all windows may open. Be sure you know how to get you and your client to safety if the need should arise!) Try to remain calm and help everyone to a safe location. Bend or crawl under smoke. Avoid breathing it by covering you and your client's mouth with a towel or cloth. Alert 911 then notify the appropriate people as per your evacuation plan.

In case of a fire: Fighting fires is best left to firefighters however, you may be able to put out small fires by yourself. **Small fires in a frying pan** may be put out by pouring baking soda on the fire. **Small fires in a wastebasket** can be put out with water or a fire extinguisher. If your clothing is on fire remember to **STOP, DROP** and **ROLL**. Stop what you are doing - DO NOT RUN! Drop to the ground and roll from side to side until the fire is out.

Crime Prevention: Crime can be a serious threat to both you and your client. Scam artists and thieves consider the elderly easy prey. Remember **the four A's of crime prevention**: Awareness, Avoidance, Appearance and Attitude. Awareness: pay attention to your surroundings and the people around you and your client at all times. Know where the closest police station is. Know how to get help quickly at all times. Don't be afraid to scream.

Avoidance: Avoid dark or secluded areas if you have your client outside. Follow your instincts. If a person or situation appears unsafe or unusual, avoid it. Always make sure doors and windows are locked securely. Do not let callers know who is at home unless you know the caller. Never identify yourself as a caregiver to strangers on the phone or give out any information. Never take your client on an elevator with anyone who seems suspicious. When taking your car or your client's, always open your window only a crack if a stranger wants to talk to you. Store all packages out of sight in the trunk and park in well lit, busy areas.

Appearance: Dress yourself and your client modestly. Don't broadcast when you are taking your client out of his/her home. Don't take your client out at the same time every day - vary the routine.

Attitude: Don't assume you are safe. Be suspicious of strangers no matter how they look, act or what they say. Be suspicious of unusual actions. They may be designed to distract you and get you to lower your defenses. Never be afraid to call the police.

INSTRUCTIONS



PULL PIN. HOLD UNIT UPRIGHT. HALAR.



STAND BACK 6 FEET. AIM AT BASE OF FIRE. APUNTAR.



SQUEEZE LEVER & SWEEP SIDE TO SIDE. PRESIONAR Y APLICAR.

A TRASH • WOOD • PAPER

B LIQUIDS

C ELECTRICAL EQUIP.



BASURA • MADERA • PAPEL



LIQUIDOS



EQUIPO ELÉCTRICO

See picture for proper instructions on how to use a fire extinguisher.