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*Caring Touch's Top 9 Home Hazards You need  
to be aware of.*

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*The More We Care, The More Beautiful Life Becomes*

Caring Touch Home Care is a licensed, insured, and bonded home aid service located in New Jersey. We have helped numerous patients achieve a happier, longer life with our compassionate service. There are at least 5,000 home accidents alone in the US. Read the guide to understand all potential home hazards and how to prevent accidents!

## Is My Home Free of Safety Hazards?

Safety Hazards are potential conditions that can cause accidents, illnesses, and in worse case scenarios, death. Your home may seem free from hazards, but there are many causes of home accidents. Read the information below so that you and a loved one are informed.

## Potential Hazards

- **Lifting injuries:** occur from lifting heavy objects and is a leading cause of back injury.
- **Falls:** occur on wet or cluttered floors and from careless actions.
- **Wounds:** occur from knives while preparing food or from sharp edges of instruments and furniture.
- **Electrocution:** occurs from electrical equipment or frayed electrical cords.
- **Burns:** occur from cooking hot liquids, cigarettes, etc.
- **Fires:** caused by negligence, cooking, open flames, and having combustible items (like cooking spray) nearby a flame or hot surface.
- **Poisoning:** caused by spoiled food; too much or the wrong medication; accidentally drinking cleaning products or other poisonous materials.
- **Suffocation:** caused by choking, drowning, smoke, pillows, etc.
- **Crime:** related to assault or theft by strangers, family members or others.



## Potential Hazards of Dementia Patients

- **Dementia** (memory loss) are at risk in some situations which are standard for other people.
  - **Physically disabled:** may need special care to prevent accidents. Poor eyesight, hearing or coordination will require more attention to avoid accidents.
  - **Communication difficulties:** either because of memory loss, medication or language barriers are at increased risk for accidents.

## Taking Preventive Measures

Although there are numerous potential risks in the home. Easy to do preventive measures can be made to ensure no accidents can occur.



- **Be Aware:** Much of these accidents can be prevented through awareness. Do not lift objects if it is too heavy and ask someone else who is strong enough. Notice potential tripping hazards on the floor and keep sharp objects in a contained area. Do not eat food past the expiration date. If it smells fishy, throw it out! Do not let strangers in the home.

Never leave the water running and clean spills immediately. Make sure smoke detectors work and hire an electrician to check electrical cords. NEVER leave candles lit around the house

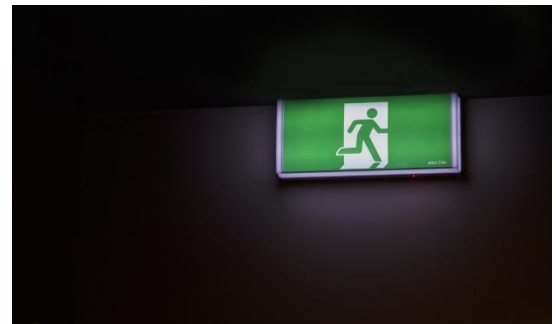
- **Have an evacuation a plan:** An excellent preventative measure in any setting is to have an evacuation plan in case of fire or any other emergency. Draw a plan indicating where doors and windows that can be used for escape are located. Check the doors and windows to see if they can be opened easily. Be sure that you know how to open any special locks or burglar barriers quickly. Discuss your escape route with your family. Remember, it is vital to leave quickly. No one should take anything that will slow down him/her escape or place you and your loved one in danger. Try to remain calm and bring everyone to a safe location. Bend or crawl under smoke. Avoid breathing it by covering your mouth with a towel or cloth. Alert 911 then notify the appropriate people as per your evacuation plan.
- **Crime Prevention:** Crime can be a severe threat to both you and your loved one. Scam artists and thieves consider the elderly easy prey. Remember **the four A's of crime prevention:** Awareness, Avoidance, Appearance, and Attitude.
- **Wear rubber shoes/slippers:** This allows you to have more grip onto the floor, preventing falling injuries.



## What to Do in Case of an Emergency

Accidents happen even when we take preventive measures. Knowing what to do when an accident occurs can lead to everyone involved remaining safe and sounds

- **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 flames 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.
- **Choking:** If this occurs, encourage people to try to cough it out. If they cannot breathe, do back thrust to force out the choking hazard, to do so:
  - Stand behind them and slightly to one side. Support their chest with a hand. Have them lean them forward



- Give up to 5 sharp blows between their shoulder blades with the heel of your hand. The heel is between the palm of your hand and your wrist.
- After such, make sure they are okay and go to the hospital if they still feel something stuck on their throat.

- **Treating Burns:** If available, use burn ointment to treat the burn. If not, run the wound under cold water for 5 minutes or more. DO NOT put ice on it as this could cause frostbite. If the burn is severe, call 911.



- **Falling accident:** Stay calm. Roll onto your hands and knees and look for a stable piece of furniture. Crawl over to the furniture and hold on to it with both hands to support yourself. Place one foot flat on the floor, with your knee bent in front of your body. When you feel ready, slowly get up. Sit down and rest for a while before carrying on with your daily activities

- If you can't get up, try to get someone's attention by calling out for help or by making as much noise as possible. If possible, crawl to a telephone and 000 to request an ambulance. While you are waiting to try to get as comfortable carpeted area. Do not rub your leg on the carpet as this may cause rug burn. Also, try to move regularly to avoid getting pressure sores and to help you keep comfortable. Change your position regularly at least once every 15 minutes

- **Electrical burns:** Turn off the source of electricity if possible. If not, move the source away from both you and the injured person using a dry, nonconducting object made of cardboard, plastic or wood. Begin CPR if the person shows no signs of circulation, such as breathing, coughing or movement. Apply a sterilized gauze band-aid to the affected area

These are the most common hazards when it comes to being at home. These accidents happen every day and can occur at any time. By taking these simple measures, you and a loved one can feel completely safe at home. For more information about potential home hazards, preventive measures and what to do in an emergency setting, call us at 800-243-4000. We are available 24/7 and will happily speak with you!

If you liked this article, like us on Facebook and tell us if you took any of these measures!



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