



JUNE



LIVING HANDS NEWSLETTER

June is National Safety Month. Let's all take a moment and look at our surroundings at home and at our client's home and ask ourselves, "is it safe"? Safety is not limited to protecting against outside threats. It also includes making sure things in the home are situated in a way that prevents trip hazards, accidents, and the ingestion of unsafe chemicals.

NATIONAL
**SAFETY
MONTH**
JUNE



We know it sounds like child proofing and in a sense it is. Some of our clients have very serious health issues that could be made worse if they were to have an accident. That being said, when you are performing tasks for your clients, make sure that you are not leaving supplies in walk areas and you are not putting cleaning products in close proximity to food and drinks. Test the temperature of the hot water. Extremely hot water can burn the skin. The temperature can be adjusted at the hot water heater.

ANNUAL TRAINING!!!



Its that time of year again when we all have to do anual training. Annual Training is located under the "continuing education" tab on the Luvng Hands website. (www.luvnghandsphilly.com) All of the modules must be completed once every year. Once you have completed a module, there is a short quiz, and then a certificate of completion will be issued. Take a screenshot of the certificates and send them to livinghandsphilly@gmail.com. The trainings are mandatory and will be checked by the insurance companies when they do their audits. It is a requirement that ALL caregivers show that they know the important information and rules that are associated with providing great home care.

HOME SAFETY CHECKLIST

PREVENT HOME FIRES

- Avoid connecting too many devices to a single electrical circuit at the same time.
- Unplug devices that are not in use.
- Eliminate flammable materials around power strips.
- Install smoke alarms and test them regularly.
- Keep fire extinguishers within reach. It's recommended to keep a class B or class K fire extinguisher close to the kitchen. Also, you want to have one in the bedrooms and on each floor of your house.
- Never smoke in the bed or in an armchair where you can easily fall asleep.
- Never smoke after consuming alcohol or taking a drug that reduces alertness.
- Douse your cigarette with water before leaving it in the ashtray.
- Use heavy and stable ashtrays to avoid tipping over.
- If it's possible smoke outside.
- Always keep a burning candle within sight and always extinguish it when you leave the room.
- Make sure there's nothing flammable close to the candle.
- Never use a candle as a night light.
- Consider using flameless candles.
- Keep flammable materials at a safe distance from heating equipment (at least 3 feet away according to NFPA).
- Always turn space heaters off when you leave the room or go to bed.
- Have the chimney and the heating system checked by a professional at least once every year.

- Have a fire escape plan and share it with all your family members.

PREVENT CARBON MONOXIDE POISONING

- Install a carbon monoxide detector.
- Test your carbon monoxide detectors regularly according to the manual (at least once a month).
- Have your heating system and chimneys checked and cleaned every year.
- Never run a vehicle with a fueled engine inside your garage or any other closed space.
- Never use the stove for heating purposes.
- Always use grills and generators outside your home and at a safe distance from doors and windows.

SAFETY MEASURES IN THE KITCHEN

Reduce the Risk of Burns, Cuts and Other Injuries

- Never leave items unattended on a stove that is in use.
- Use protective mitts when handling hot pots, baking or roast pans.
- Never pour water on hot oil even if it's burning. You can use a class B or class K fire extinguisher from a safe distance or simply try to cover the pan or throw baking soda on it.
- Always turn pan and pot handles inward.
- Don't use dull knives: they are responsible for more injuries than sharp ones. Always cut on a cutting board.

- Keep the sharp knives separately from other cutleries (you can use a knife rack or a knife guard set).
- Consider using cut resistant gloves or a finger guard.
- If you fall a knife, don't try to catch it: instead, step away as fast as you can.
- Never keep electrical devices close to the sink or other sources of water.
- Do not wear loose clothes while cooking. Loose clothing and untied long hair can easily catch fire while using the stove burners.

Prevent Kids from Kitchen Accidents

- Make sure small children have no access to the stove, electrical appliances, hot liquids and pots, knives, matches, lighters, hazardous chemicals and other items that may injure them.
- Never leave children without supervision in the kitchen.
- Don't hold a child while cooking.
- Never give hot food or drink to a child.

Basic Food Safety Rules

- Always cook food to a safe temperature to kill all bacteria and other pathogens. Use a food thermometer to check the internal temperature of the food.
- Cooked food should never be left at room temperature for more than two hours.
- Reheat cooked food thoroughly.
- Set the refrigerator temperature at 40°F or below to prevent or slow down the growth of bacteria. Keep the freezer temperature below 0°F.
- Always wash your hands thoroughly in hot, soapy water before and after food preparation.
- Keep kitchen surfaces clean and wash them regularly.
- Avoid cross-contamination by always keeping raw meat, poultry, eggs, and seafood apart from other foods. Rinse them thoroughly.

SAFETY MEASURES IN THE BATHROOM

Avoid Slips and Falls

- Always keep the floor dry and clean up water puddles as soon as you can.
- Use non-slip rugs (or non-slip decals) and place a bathtub or shower safety mat to avoid slips during showering.
- Remove any soap remnant in the bathtub and the shower.
- Make sure the bathroom is well-lit both day and night.
- If needed, install safety grab bars next to the toilet, shower, and bathtub. Never use a towel bar instead of a grab bar.

Avoid Electric Shock

- Always have your hands dry when you plug in, unplug or use electric appliances.
- Make sure there are no uncovered light bulbs in the bathroom. Use wet rated lights where splashes of water are a concern.
- Never use any electric appliance while bathing or showering (except those that are completely waterproof according to the manufacturer and work with a battery).
- Use the hairdryer outside the bathroom.
- Install GFCI (ground-fault circuit interrupter) outlets and test them regularly to check if they work properly.
- Do not use an electric heater in the bathroom, or if you do, make sure it's designed to use in damp spaces and always keep it at a safe distance from the bathtub, shower and other sources of water.
- If you have a child, install plug covers to further enhance safety.

Work Place Safety

H Z G D M U R Y M Y K X X U C Y J J S Z
F O C P J U G C L G R R C Z V F A L L U
I A S Q R E I Q P D L D H W V J C V R D
R M K A Z A R D B K D L E F G Y C I M P
S I M Z L R M E S O W A N R B F A C N V
T W G U I F B M M A L E I V V V O M Z N
A U A I D X A E X N I X C Z S D S D P N
I U S O R F N R S W P I A S K P I Q B C
D R Q W P A D G A F G T L Q N O I S E Z
P Q Q V G C A E A T T K S R Z O F C S T
S Y R P H Q G N J Q W B R C L C P O G V
K R O H V R E C I R N X I I D A Y N G A
Y G O A M S D Y W Q I U G N Z K Z T U V
L S Z N L I H Z C Y S B X C C U L R A K
B B A D S C C A R E F U L I G X F O R U
R L Y R X Y R Y Y S P A F D V O A L D M
D M G A A I K B N L Y D A E P D D S Q M
F E D I T Q S J M I V L Y N R V L E Q A
G N A L J L R G A P G H G T H L I S T T
P Z N W S E L C P A W D I N J U R Y N G

HAZARD	INJURY	EXIT	HANDRAIL
INCIDENT	BANDAGE	GUARD	CAREFUL
FIRSTAID	CHEMICALS	CONTROLS	ICY
EMERGENCY	FALL	SLIP	NOISE




SPOTLIGHT

CAREGIVERS OF THE MONTH

**WATTA KOROMA
AGNES DORLEY
MAI GRANT**

Loving Hands would like to recognize Watta Koroma, Agnes Dorley, and Mai Grant as our June 2026 Caregivers of the Month!! These 3 young ladies have been staffing a 24 hour case with no issues for almost 5 years!! They have earned the trust of the client's family and continue to provide top notch service to their client. They have become like family to their client, so much so that she won't eat anyone else's cooking! These ladies embody the type of care and service that our company strives for. They what they do from the heart and continue to be reliable and consistent every day. Congratulations Watta, Agnes, and Mai! 3 more Loving Hands Rockstars!!





LUVING HANDS
HOME HEALTH CARE AGENCY

Stay in touch with us!!

LUVING HANDS
HOME HEALTH CARE AGENCY

Call us at (484) 472-7167

Fax us at (484) 472-7056

Email us at Lovinghandsphilly@gmail.com

Visit us at www.lovinghandsphilly.com

**“The Agency you will grow to LUV.
We provide the service you deserve!”**