

SAFETY COURSE: MODULE 7



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PACIFIC SHORE TRAINING CENTER

PREVENTS ACCIDENTS TO YOURSELF AND CLIENTS

**LESSON 1: PREVENTING ACCIDENTS AND MAINTAINING A
SAFE ENVIRONMENT**

LESSON 2: HAZARD PREVENTION

LESSON 3: WORKPLACE SAFETY

LESSON 1:

Preventing Accidents and Maintaining a Safe Environment.

- Preventing accidents is essential in providing safe care.
- Always be alert to potential safety hazards and, if possible, work with the client to remove them, while respecting their right of choice.
- Never attempt to fix a hazard that https://fastercapital.com/topics/maintaining-a-safe-environment-for-customers.html it could cause you harm or if you're not trained to handle it.



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<https://www.shutterstock.com/image-vector/retired-women-falling-down-old-260nw-1680378751.jpg>

- If you're unable to address the hazard or the client refuses, immediately report it to the appropriate person.
- Make sure you understand and follow your workplace's safety documentation and reporting procedures.
- Always report any safety concerns, client condition changes, or refusals of care to the proper person.
- Your safety and the client's are the top priority.



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THE SAFETY HAZARD CHECKLIST

to ensures a safe environment for both clients and caregivers.

- Review the client's Emergency Action Plan
- Ensuring proper Personal Protective Equipment (PPE) is available.
- Maintaining clean, well-lit walkways both inside and outside.
- Floors should be free of clutter
- Rugs should be secured.
- Stairs need to be equipped with handrails.



<https://daughterlycare.com.au/wp-content/uploads/2015/11/elder-home-safety-carer-care-worker-vaocluse-rose-bay.jpg>

THE SAFETY HAZARD CHECKLIST

to ensures a safe environment for both clients and caregivers.

- Medical equipment and materials must be stored safely.
- Sharp objects should be padded and oxygen hoses free of kinks.
- Proper medication storage .
- Ensuring electrical appliances are in good condition.
- Pest control.
- Functional fire extinguishers, and Working smoke alarms are essential for safety.

- Which one is important to ensure a safe environment in the house.
 - A. Rugs are fine if you put them anywhere as long as it looks good.
 - B. Stairs do not need not have rails.
 - C. Medications need to be stored properly
 - D. We do not need fire extinguishers in the house.
- The answer is C

- Never attempt to fix a hazard that could cause you harm or if you're not trained to handle it.

A. TRUE

B. FALSE ANSWER IS A

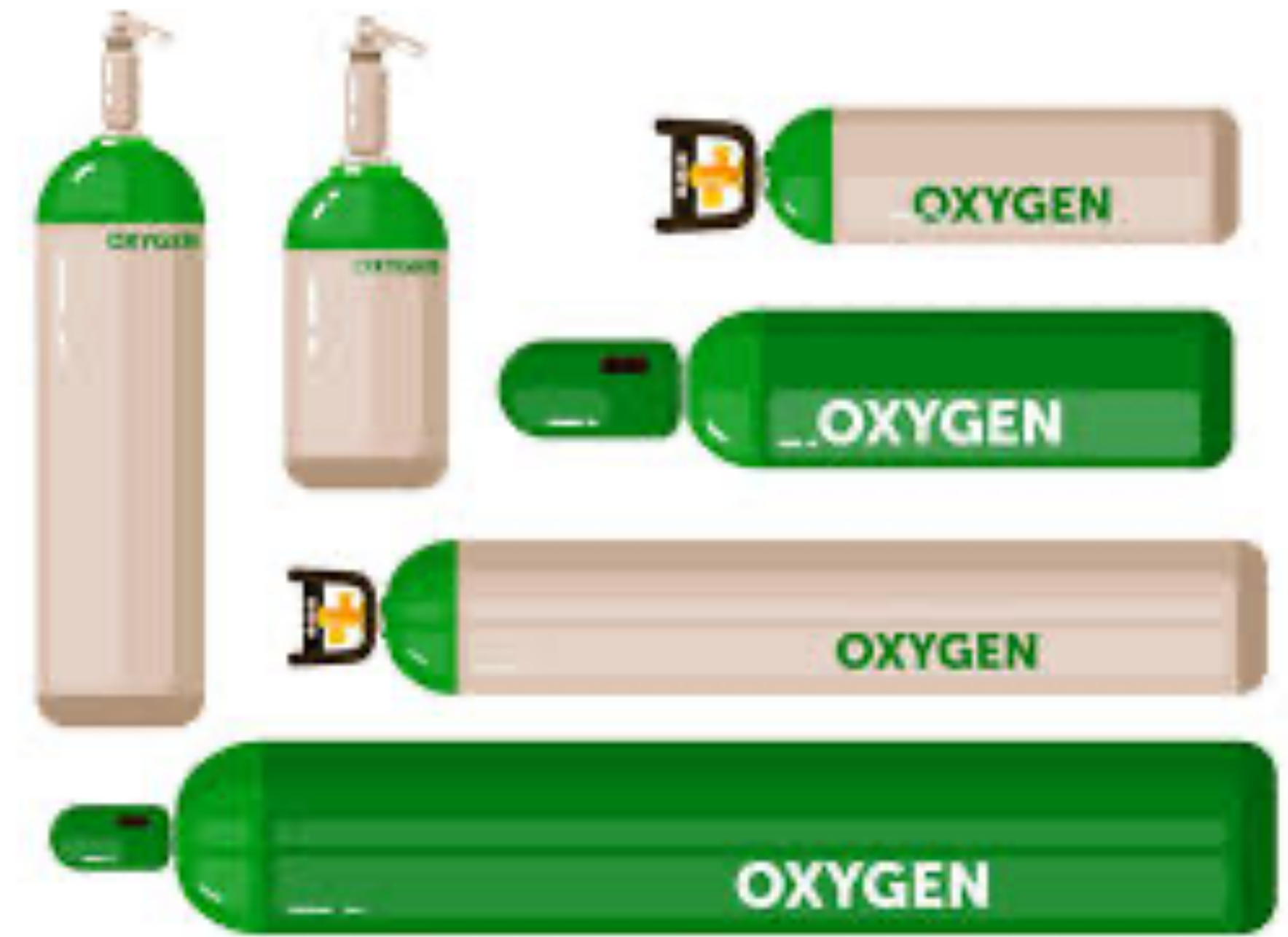
Which one is not important

- A. Stairs are equipped with handrails.
 - B. Medical equipment and materials must be stored safely.
 - C. Maintaining clean, well-lit walkways both inside and outside.
 - D. All of them are important
- The answer is D

LESSON 2: HAZARD PREVENTION



Oxygen Safety



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- Always follow safety procedures at work

- Oxygen is a vital medical treatment but also a fire hazard.
- Keep oxygen at least 5 feet from open flames and 25 feet from smokers.



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O:

- Clients should avoid flammable products and never smoke while using oxygen.



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q=tbn:ANd9GcQu_muxUfljs9LUdkySOASg1gqJyoiD4KvCww&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcQu_muxUfljs9LUdkySOASg1gqJyoiD4KvCww&s)

- Store tanks securely on their side or in a rack in well-ventilated areas.
- Ensure rooms are properly ventilated and oxygen concentrators are plugged directly into wall outlets, not using extension cords or power strips.



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- Regularly check and straighten oxygen tubing to avoid tripping hazards.

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q=tbn:ANd9GcQ51gqypL6ldKvrdHM2T3Z8mLzow_nwb6fUFQ&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcQ51gqypL6ldKvrdHM2T3Z8mLzow_nwb6fUFQ&s)

Ladder Safety



<https://www.wikihow.com/images/thumb/5/59/Climb-a-Ladder-Safely-Step-5-Version-4.jpg/v4-460px-Climb-a-Ladder-Safely-Step-5-Version-4.jpg.webp>

- Always follow your workplace ladder rules.
- Check for damage before using it.
- Don't stand on the top three steps.
- Keep the ladder stable and face it when climbing.



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- Wear slip-resistant shoes.
- Don't carry tools while on the ladder, and keep metal ladders away from electricity.
- Store the ladder properly and never use makeshift ladders.



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q=tbn:ANd9GcSEsaQXnxOIQ4yPHLMeBXuyolhojm5x6w1Klw&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcSEsaQXnxOIQ4yPHLMeBXuyolhojm5x6w1Klw&s)

Fire Safety



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- Make sure smoke detectors and fire extinguishers are working.
- Test them regularly and keep extra batteries.
- Supervise clients who smoke if needed.



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q=tbn:ANd9GcRznOCDSQ8C_YEsQC3nH1cAysALh5pAboAiAQ&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcRznOCDSQ8C_YEsQC3nH1cAysALh5pAboAiAQ&s)

- Always turn off stoves and never leave cooking unattended.
- Keep space heaters away from flammable items and turn them off when not in use.
- Report any fire safety issues.



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Electric Safety



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- Check appliances regularly for wear; avoid using frayed cords
- Keep appliances away from wet areas, and inspect extension cords for damage.
- Use a Ground Fault Circuit Interrupter (GFCI) in bathrooms.

<https://scholarblogs.emory.edu/ranews/files/2015/11/Screen-Shot-2015-11-13-at-10.19.59-AM.png>

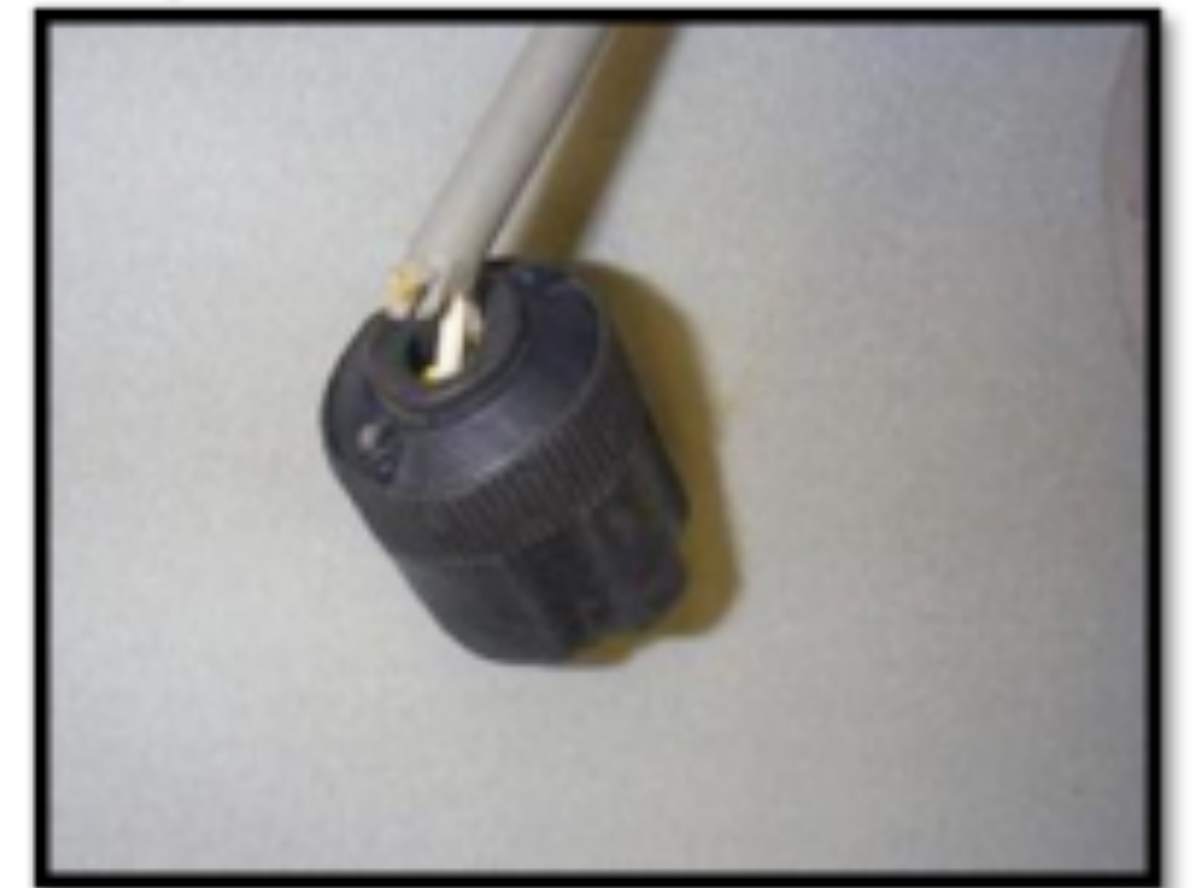


Image 1. Frayed Cord and Plug



Image 2. Frayed Extension Cord

- Never use extension cords as permanent wiring, and avoid running them under carpets.
- Document and report electrical hazards to the appropriate person



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Firearm Safety



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- If a client owns or carries a firearm, discuss your concerns with them about safe storage while you're present. If you can't come to an agreement, involve your supervisor or the appropriate person.
- Encourage the use of trigger safety locks to prevent accidents, and suggest checking if local sheriff's departments offer free locks or safety classes.



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- Clients with confusion, dementia, mental illness, or medications that cause disorientation should not have access to firearms.
- Report any firearm concerns to your supervisor for proper handling.

Animal Safety



- Pets and farm animals can pose safety risks.
- Always ask the owner before approaching an animal, and avoid petting animals that are eating, sleeping, or seem frightened.

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Tail Position

- Watch for warning signs in cats, such as twitching tails, indicating they may bite or scratch.
- If bitten, wash the wound immediately and report it to your supervisor.
- Pets can also be tripping hazards, so be mindful of their location.



RELAXED
or CONTENT



THREATENED or
AGGRESSIVE



FEAR or
SUBMISSION



AGITATION or
EXCITEMENT

<https://bettervet.com/hs-fs/hubfs/tail-position-cat-infographic.jpg?width=868&height=1018&name=tail-position-cat-infographic.jpg>

How to Read Your Pet's Mind
Understanding Body Language in Cats

- Ensure the home is free from animal waste and pests.
- If a client can't care for an animal, report it to your supervisor.
- Pet care is not part of your duties, but always practice good hygiene after handling animals.



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Drive Safety



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- Always wear your seatbelt and never drive under the influence.
- Maintain your vehicle, check tires, and drive at safe speeds.



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q=tbn:ANd9GcQic9vhwofjFnMovB4QuyCaOnhhYIEiofMTUg&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcQic9vhwofjFnMovB4QuyCaOnhhYIEiofMTUg&s)

Drive safety

- Keep a safe distance from other cars, especially at intersections, and reduce distractions.
- Never use a handheld phone while driving, and pull over if you're tired.



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q=tbn:ANd9GcTbQEEyJoVQtJF1pHH21PB9hrVn8vNeM8sHNsg&s](https://encrypted-tbno.gstatic.com/images?q=tbn:ANd9GcTbQEEyJoVQtJF1pHH21PB9hrVn8vNeM8sHNsg&s)

Which one is not correct

- A. Oxygen is a vital medical treatment but also a fire hazard.
 - B. Regularly check and straighten oxygen tubing to avoid tripping hazards.
 - C. When you are using ladder always Check for damage before using it. And Don't stand on the top three steps.
 - D. It is ok to keep oxygen less than a feet from open flames and 25 feet from smokers.
- The answer is D

Check appliances regularly for wear; avoid using frayed cords

A. True

B. False

- The answer is A

LESSON 3:

Workplace Safety



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Violence in the Workplace



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- As an LTC worker, you should always be aware of the risk of violence or aggression from clients, other people in the home, or from the surrounding neighborhood.
- It's important to stay vigilant and have a clear plan for how to handle these situations.
- Clients with a history of violence will have specific strategies in their care plans to help manage aggressive behavior.
- Long-term care facilities must have documented procedures for responding to client violence, protecting other residents, and involving the care team when necessary.
- If any violent incidents occur, report them promptly, and if needed, contact the Washington DSHS abuse hotline at 1-800-562-6078 or law enforcement. In case of an emergency, always call 911 for immediate help.

Possible behaviors and attitudes

- Certain behaviors and attitudes may indicate a person is at risk of becoming aggressive or violent.

- Warning signs include
 - substance abuse,
 - a history of violence,
 - unrealistic fears,
 - blaming others,
 - holding grudges, or
 - making threats of violence.

- Other signs include a
 - Fascination with weapons
 - Intentionally frightening others
 - Mood swings
 - Withdrawing from social activities and relationships.
- Recognizing these behaviors can help in preventing potential aggression and maintaining a safe environment.

POSSIBLE WARNING SIGNS

- Early warning signs that a person may become aggressive or violent include
 - A raised voice
 - shaking
 - Clenched fists,
 - Prodding or finger jabbing,
 - Excessive anxiety,
 - Pacing, and
 - Angry muttering or glaring.
- These behaviors can indicate escalating frustration or aggression, signaling the need for caution and intervention to prevent further conflict.

Handling Aggressive or Violent Behavior

- When handling aggressive or violent behavior
 - Trust your instincts
 - Never minimize threats or discomfort
- Respond early by assessing the risk of potential danger.
- Individuals on the verge of aggression have three options:
 - Attack
 - Retreat
 - Compromise
- Your goal is to encourage the person to either retreat or compromise, avoiding escalation and ensuring safety.

1.Ruling Out Other Reasons for Violent Behavior

- Sudden aggressive or violent behavior in a client may be caused by medication side effects, infections, or underlying health conditions.
- Always rule out medical causes first and consult with the care team to ensure the client receives prompt medical attention when needed to ensure safety.

2.If you do NOT think you are in danger:

- To handle aggressive behavior, remain calm and in control.
 - Remind the person you're there to help and listen to their concerns.
 - Validate their feelings without encouraging inappropriate behavior.
 - Avoid aggressive body language and
 - maintain a safe distance, sitting down if possible.
 - Never touch an angry person, and
 - set clear boundaries by telling them the behavior is unacceptable.
 - Always have an exit strategy in place if the situation escalates and address concerns of aggression early.

3.If you feel you are in danger or violence is about to happen:

- If you feel you're in danger or violence is imminent, calmly excuse yourself and leave the area without turning your back on the person.
- Avoid dangerous locations, like the top of stairs or areas with potential weapons.
- Once you're safe, seek help and call 911 if necessary.
- Follow your agency's policies for documentation and reporting.

Witnessing or Suspecting Violence

- If you witness or suspect violence towards a client, you are a mandated reporter and must report it by law.
- For vulnerable adults in LTC centers, contact DSHS at 1-800-562-6078 or 1-866-363-4276 if they live at home.
- Any suspected physical or sexual assault must also be reported to law enforcement. If you believe anyone is in immediate danger, call 911.

Which one is not correct

- A. As an LTC worker, you should always be aware of the risk of violence or aggression from clients, other people in the home, or from the surrounding neighborhood.
 - B. Clients with a history of violence will have specific strategies in their care plans to help manage aggressive behavior.
 - C. If any violent incidents occur, report them promptly, and if needed, contact the Washington DSHS abuse hotline at 1-800-562-6078 or law enforcement. In case of an emergency, always call 911 for immediate help.
 - D. All of them are correct
- The answer is D.

- Certain behaviors and attitudes may indicate a person is at risk of becoming aggressive or violent.

A. True

B. False

- The answer is A

- Early warning signs that a person may become aggressive or violent include
 - A. A raised voice
 - B. Shaking
 - C. Clenched fists
 - D. All of them are correct
- The answer is D.

References

Oxygen tanks

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS4858iBDIWAQFI7XLUhzAgn-Tlxhg1jEANSw&s>

Oxygen and fire

<https://www.usfa.fema.gov/img/pictographs/45-1.1800x1800.png>

Flammable

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Oxygen tanks

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Trapping wires

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Ladder safety

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Ladder

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ1niDXoc-UMLf5T9HncljuStQKG72Bn03eVg&s>

Ladder danger

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSEsaQXnxOIQ4yPHLMeBXuyolhojm5x6w1Klw&s>

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Fire safety

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Fire sprinkle and smoke detectors

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Fire from oven

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Electricity safety

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Elector plus worn

<https://scholarblogs.emory.edu/ranews/files/2015/11/Screen-Shot-2015-11-13-at-10.19.59-AM.png>

GFG outlet

[https://mrelectric.com/us/en-us/mr-electric/_assets/images/Blog/mre-blog-are-gcfi-out-lets-required-in-bathrooms-\(1\).webp](https://mrelectric.com/us/en-us/mr-electric/_assets/images/Blog/mre-blog-are-gcfi-out-lets-required-in-bathrooms-(1).webp)

Firearm safety

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS3wJpoUCa-9fIN6x-PSsl4XSfuYb46isA-iw&s>

References

Firearm safety 2

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcR78WbxZ10aOhEfWybPX5nc2M0N845G1f0coQ&s>

Animal safety 2

<https://bettervet.com/hs-fs/hubfs/tail-position-cat-infographic.jpg?width=868&height=1018&name=tail-position-cat-infographic.jpg>

Animal waste

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Drive safety

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Seat belt

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Using phone while driving

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQic9vhwofjFnM0vB4QuyCaOnhhYIEi0fMTUg&s>

Using phone while driving

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Workplace safety

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Violence at work place

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSTD5Ch0lldfXnr2ac_qRILP-WuYkJYw4QjSw&s

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