

Safety Training

[https://www.youtube.com/watch?
v=Ozic7cC1dIM&t=413s](https://www.youtube.com/watch?v=Ozic7cC1dIM&t=413s)



Student Manuel is found

[https://www.dshs.wa.gov/altsa/training/dshs
-curriculum-and-materials-available](https://www.dshs.wa.gov/altsa/training/dshs-curriculum-and-materials-available)

Introduction

Safety training helps you stay safe and avoid injury and illness related to performing services and support as a long term care (LTC) worker. This training is designed to help you take ownership of your own safety and health and to take action to protect the safety and health of clients in your care.

Your role in safety as a LTC worker is to help:



Prevent accidents and injury to yourself and clients

- Take care of your back with conditioning and strengthening exercises.
- Use proper body mechanics to lift materials and people safely and properly.
- Wear closed toe, slip resistant, sturdy shoes such as tennis shoes.
- Be on the lookout for and reduce or eliminate safety hazards.
- Know and practice the proper procedures if a client falls.
- Document and report any safety hazards you see where you work.



Prepare for and handle emergencies

- Take the time to plan and prepare for what steps you need to take in emergencies.
- Know what the emergency action plan is for each client.
- Know the emergency evacuation escape routes for any building where you work.
- PRACTICE emergency evacuations such as fire drills.
- Stay calm and appear confident. Clients will often take your lead in how to respond.

Stop the spread of infection and disease

- Use infection control practices. Wash your hand properly and often during your shift. Wear disposable gloves to stop the spread of disease and infection.
- Use standard precautions when needed.
- Clean and disinfect regularly.
- Use household gloves and make sure there is good ventilation when working with household chemicals
- Don't come to work when you are contagious.



1.Prevent Accidents and Injury to Yourself and Clients

Back Safety and Conditioning

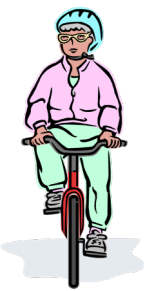
1. Posture



Proper posture includes standing and sitting in an upright position without slouching or rounding your shoulders. Hold in your stomach to keep it from putting too much pressure on your spine. When standing, bend your knees slightly.

Proper sleeping posture is also important to prevent and relieve back pain. Sleep on a firm mattress, not one that sags or is too hard. Do not sleep on your stomach. Instead, sleep on your side with a pillow between your knees.

2. Conditioning



Proper conditioning involves aerobic exercise and strengthening and stretching core muscles of the spine and stomach. Walking, swimming, and bicycling are excellent ways to condition the entire body and improve your heart.

Aerobic activity along with a healthy diet helps prevent weight gain - a risk factor for back injury.

Moderate exercise builds a healthy back

- Walk for 10 minutes, 2 times a day.
- Build up to at least one 30-minute walk a day at least 3 times a week.
- Stretch your back 5-7 days/week (see stretching exercises below).
- Strengthen your back with exercises at least 4-5 days/week.

Material Handling and Lifting

Proper Lifting Technique

1. Plan your lift. Assess your load and DO NOT pick up or move things beyond your capacity.
2. Make sure you know where you are going with your load and where you plan to put the object down. Make sure there is room before you move it.
3. Bend at the knees.
4. Get as close to the load as you can.
5. Tighten your stomach muscles.
6. Keep your back straight, bend with your knees, and stand up.
7. Lift with your legs.
8. **Never twist while lifting!** Using tiny steps, turn with your feet – not your body.

Tips on Safe Lifting

- Hold heavy items between your shoulders and knees.
- Look for easy ways to grasp items to be lifted



Lifting Overhead

- Reduce the amount of your load. Move sections or part of a load when possible.
- AVOID awkward stretches while reaching. This stresses your back and could cause you to lose your balance.
- Use a stepladder to reach objects above shoulder height.
- Use a handrail when on stairs. Avoid climbing with a load.
- Don't lean on a shelf or storage rack to support you. They could easily give way if you pull or tug on them.
- The more times you lift or move something, the more likely you are to get hurt. If you need to move something often, use a cart.
- Get help with large loads.

You are responsible for your own back safety. Conditioning, stretching, and using proper lifting techniques are important things you can do to take care of your back!

Safely Moving People

Providing care to a client is physically demanding work. Manual lifting, transfers, repositioning, and providing care means an increased risk of pain and injury to your back. There are certain known "risk factors" to your body because of these high physical demands. Be aware of the following risk factors you may face in your day-to-day work.

- **Repetitive Motion** such as repeatedly cranking manual adjustments for a bed.
- **Awkward postures** such as reaching across a bed to lift a client.
- **Force** such as pushing a wheelchair across an elevation change or up a ramp.
- Multiple lifts.
- Lifting an uncooperative and/or confused person.
- Lifting a person that cannot support his or her own weight.
- Moving or lifting a person in and out of a chair or motor vehicle.
- Trying to stop a person from falling.
- Picking up a person from the floor or bed.
- Bending to make a bed or feed a person.
- Collecting waste.
- Pushing heavy items or equipment.
- Removing laundry from a washing machine or dryer.
- Lifting, carrying supplies, and equipment.

Excessive exposure to these risk factors can result in a variety of disorders. These conditions are referred to as Musculoskeletal Disorders (MSDs).



Definitions

Ambulation - Walking or moving about.

Assistive Devices - Aids to help people continue to perform a task on their own.

Transfer – Helping another person move into or out of a chair, bed, or wheelchair.

Transfer belt/gait belt - A belt worn around the waist to aid in transfers and ambulation.



The duration (how long) AND frequency (how often) of these tasks may place you at greater risk.

Proper Footwear

Proper footwear provides adequate support to your feet and ankles and helps prevent sprain and strain injuries.

Hazards may include standing for long periods of time, walking on uneven surfaces, or slipping and falling. Work shoes should provide adequate support and comfort.

Work shoes should:

- Be closed toed and sturdy.
- Have low and wide heels to reduce stress on the feet and the chance of ankle injury.
- Provide good traction.
- Tennis shoes are a good choice of work shoes for many LTC workers.



Home Safety Practices

It is always best to prevent an accident or emergency whenever possible. Alert others if you have a safety concern about a client or something in the environment of the home or facility.

Contact the appropriate person in your situation when:

- You are concerned about a potential safety hazard.
- You feel that the decision a client is making puts him, her or others in jeopardy.
- You notice a pattern of changes or decline in a client's functioning.
- A client continues to refuse care or treatment.



Checking for Safety Hazards

Always be on the lookout for existing and potential safety hazards. If you are concerned about a safety hazard, work with the client and see if there is a way to eliminate it. Alert the appropriate person where you work when you are not able to fix a safety hazard or the client does not want it changed. Your safety is important. Don't try to fix safety hazards if you could get hurt or you don't have the skills to do it.



Safety Hazard Checklist

- Adequate Personal Protective Equipment (PPE) is available for required tasks
- Outside walkways are well lit, cleared of clutter, and water, ice, snow, or grease are cleaned up immediately
- Inside floors and hallways are cleared of clutter and lamp, extension, and telephone cords are out of the flow of traffic
- Throw rugs are removed or non-skid mat or doubled-sided tape in place
- Stairs have handrails and are well lit
- Sharps container or closed durable, hard, plastic container is available if needed
- Oxygen hoses are uncoiled, free of kinks, and out of walkways
- No smoking, open flames, or items that burn easily are near when oxygen is in use
- Medical equipment is stored properly
- More...

Client Falls

Falls can be serious. Frail clients can be seriously hurt if they fall.

Fall prevention

There are many things that can cause slips, trips, and falls inside and outside of a client's living space or home.

If the client **CAN** get up...

- Ask “How do you feel?” and observe carefully for signs of injury. Keep in mind, most people are embarrassed and may want to get up or tell you everything is fine even if it's not. Observe the client carefully. The client's body language will give you important information.
- If the client says he or she feels **unhurt and comfortable getting up**, watch carefully as he or she does so.
- Depending on where you work, you may be expected to assist the client back to his or her pre-fall position. Follow your employer's policies and procedures for what you can and can't do.
- If the client has trouble getting up, you can help steady him or her, but **do not lift** him or her up.

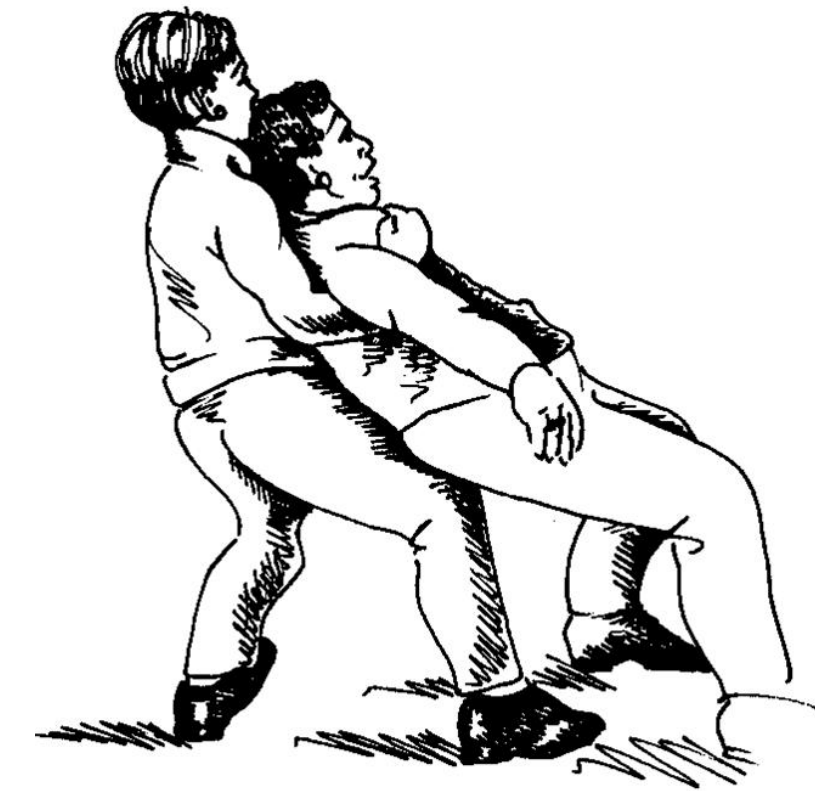
If the client can **NOT** get up...

- Do NOT try to lift or move a client.
- Cover the client with a blanket.
- Do NOT offer anything to eat or drink.
- Get help. Who to call depends on where you work.

If a client falls

The following are guidelines to help keep you and a client safe if he or she falls.

1. Do not try to prevent the fall. It is better if you help support his or her head and gradually ease the client onto the floor.
2. Keep your feet apart and back straight.
3. Pull the person close to you. Let the client slide down your body to the floor.
4. Gently ease the person to the floor. Often you will also "go to the floor" with the person.



Follow the fall policies and procedures you are given – including knowing when to call 911 and what and where to document and report a fall.



Proper Lighting

A client may need brighter lighting to improve his or her depth perception and ability to read and see. Poor lighting can lead to safety concerns

Turn on a light before entering a room.

report any lighting hazards to the appropriate person where you work.



Housekeeping

Good housekeeping is an important factor in job safety.

A clean and orderly work area is a safe place to work. You are less likely to be injured or cause injury to a client.



Oxygen Safety

Oxygen is both a prescribed treatment and a hazardous chemical (oxygen is a fire hazard).

- Open flames such as candles and cooking flames should be no closer than 5 feet.
- Smokers should stay at least 25 feet away and preferably in another room.
- A **client** should stay away from products that burn easily such as Vaseline or other petroleum products, nail polish remover, grease, oil, or aerosol sprays. A client should NEVER smoke while using oxygen.

Storage of Oxygen Tanks

Store oxygen tanks only in well-ventilated areas. Store oxygen cylinders on their side in a storage rack or chained to the wall. If a cylinder should fall, the pressure of escaping oxygen could create a projectile or fire hazard.

All tanks evaporate a certain amount of oxygen into the surrounding air. A closed room will soon become oxygen rich and flammable. **Keep the door open and the room ventilated.**

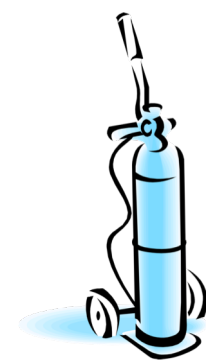
Breathing oxygen rich air is also a health hazard. Our body is designed to breathe oxygen at concentrations between 19.5 - 23.5 %. Higher or lower concentrations are not healthy.

Oxygen Concentrators

Plug oxygen concentrators directly into wall outlets. Do not use extension cords or power strips. Concentrators are very sensitive to power changes and may shut down as a result. Power strips, if overused, can easily overload a circuit. Extension cords, if too long, can result in voltage drop or fire hazard.

Oxygen Tubing

Oxygen tubing tends to coil and twist resulting in a tripping hazard. Straighten the tubing and routing frequently to prevent tripping or fall hazards.





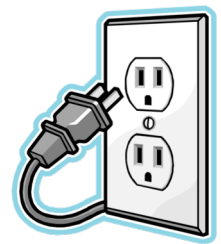
Ladder Safety

When you have to climb, always use a ladder NOT a chair, box, or other makeshift ladder.

Make sure you know the policy where you work.

Fire Safety

- Make sure you know where smoke detectors and fire extinguishers are located.
- Make sure the kitchen stove is off when not in use and that anything cooking on the stove is not left unattended.
- If a client uses a space heater, the heater should be on a level, hard, and nonflammable surface such as ceramic tile floor. Keep the heater a



Electrical Safety

If the cord is frayed or cracked, don't use the appliance until it's fixed or replaced.

Weapons/Firearms Safety

all firearms must be locked and accessible only to people authorized to have access to them.



Animal Safety

Pets or farm animals can be a safety problem whether they are a client's pet or live in the neighborhood.

Example: Bites, Tripping

What to Do if You Are Bitten

The most important thing you can do to prevent infection following any bite or scratch is to immediately and thoroughly wash the injury with soap and water.

Secondary infections can be a hazard from bite wounds resulting in joint or systemic infection – especially from cats.

**Always wash
your hands
after handling
pets.**

Driver Safety

Drive safely with or without a client.

- Wear your seat belt. It's the law in Washington for a very good reason.
- Never drive while under the influence of alcohol or other drugs. **40% of all fatal accidents involve alcohol.**

Violence in the Workplace

Always be alert and aware of what is happening around you. Have an understanding and plan for what you would do in case violence occurs.

If you think a client may be in immediate danger or needs urgent help, call 911.

If you do **NOT** think you are in danger:

- Remain calm and stay in control of your responses.
- Remind the person you are a friend and there to help.
- Talk calmly. Indicate your desire to listen and understand the problem or situation.
- Validate the person's feelings but don't condone or positively reinforce acting out behaviors.
- Do not use aggressive body language such as crossing your arms or finger pointing. Move slowly.
- Try not to stand too close or over the person, if possible. If you have an escape route, sit down.
- Do not put your hand on anyone who is angry.
- Set appropriate limits for a person demonstrating threatening or disrespectful behaviors. Tell him or her that the behavior bothers you and you want it to stop.
- Have an exit strategy planned if the anger intensifies to a dangerous level.
- Respond early if you are concerned about aggression or violence!

Where to report abuse

To report suspected abuse to DSHS for a vulnerable adult living in:

- **An adult family home or assisted living facility: call 1-800-562-6078**
- **His or her own home, call 1-866-363-4276 or 1-866-End Harm**



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

- Find a way to excuse yourself (“my cell is ringing and I have to answer it outside” or “I left something important in my car”) and leave the room/area.
- Do not turn your back on the person. Move gradually backwards.
- Avoid potentially dangerous locations such as the top of stairs or places where furniture or other objects can be used as weapons.
- Get help once you are safely away from the situation.
- Call 911 if anyone is in immediate danger.

2. Stop the Spread of Infection and Disease

As a LTC worker, you must protect a client and yourself from the spread of disease and infection. Clients who are frail, elderly, or have weakened immune systems may catch infections more easily. For them, infections can lead to serious or life-threatening problems.



Germes are organisms that cause infection by entering the body and growing. Germes are spread from one person to another. Infection control stop harmful germes from entering the body.

Stop germes before they enter the body or have time to spread.

To control the spread of infection:

- Wash your hands.
- Use disposable gloves and other personal protective equipment (PPE) when necessary (standard precautions).
- Clean and disinfect to kill germes before they can cause harm.
- Safely get rid of contaminated waste.



Wash Your Hands

Hand washing is the best defense against spreading infection. You will wash your hands several times a day.

Always wash your hands:

Before

- Contact with a client
- Eating
- Preparing food
- Putting on gloves

After

Contact with:

- o a client
- o body fluids
- o contaminated items
- o pets
- Using the restroom
- Removing gloves or protective clothing
- Blowing your nose, sneezing, coughing
- Cleaning
- Smoking

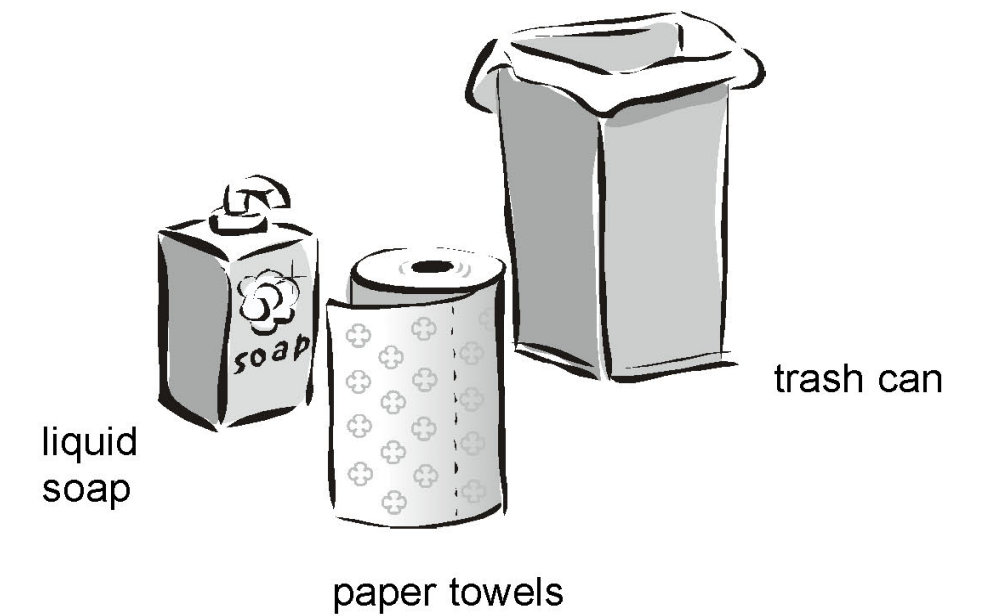
Washing your hands with soap and water is the best way to prevent illness.



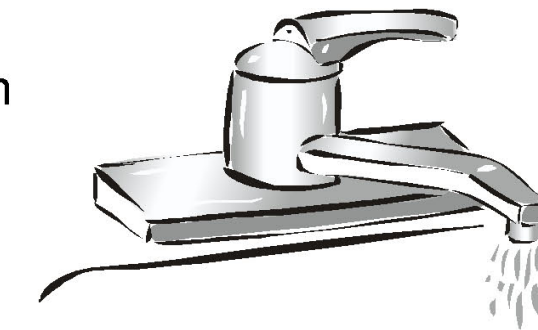
Safety

Proper Handwashing Guidelines

- 1) Make sure you have everything you need at the sink.

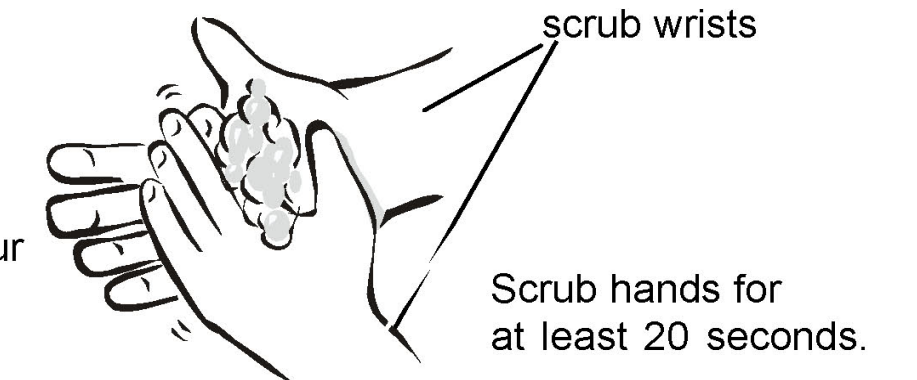


- 2) Turn on warm water.



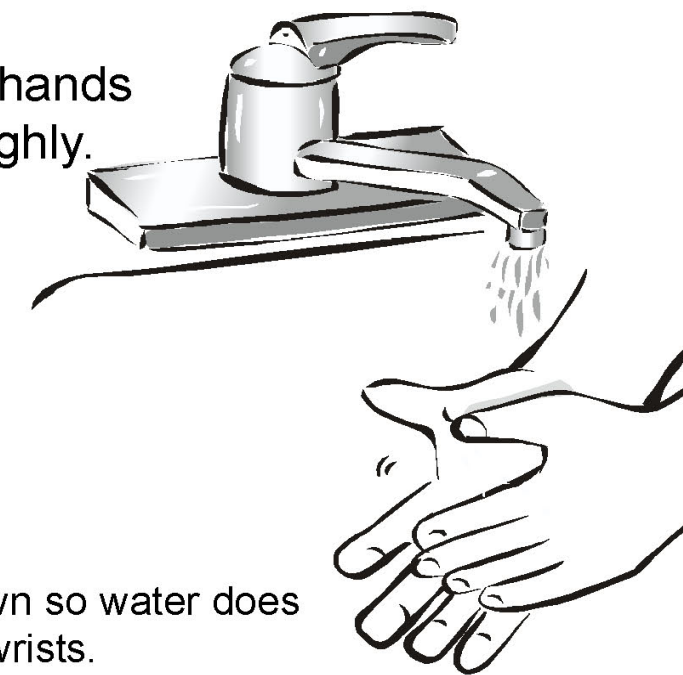
Keep warm water running while washing your hands.

- 3) Rub palms together to make lather. Scrub between fingers and entire surface of hands and wrists.



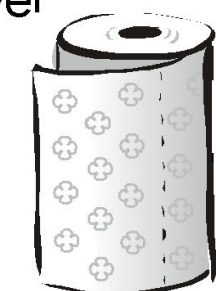
Clean fingernails by rubbing the tips of your fingers against your palms.

- 4) Rinse hands thoroughly.



Point fingers down so water does not run up your wrists.

- 5) Dry hands with clean towel



Use hand lotion if available, to prevent chapping.

Wear Disposable Gloves

Gloves must be worn when you:

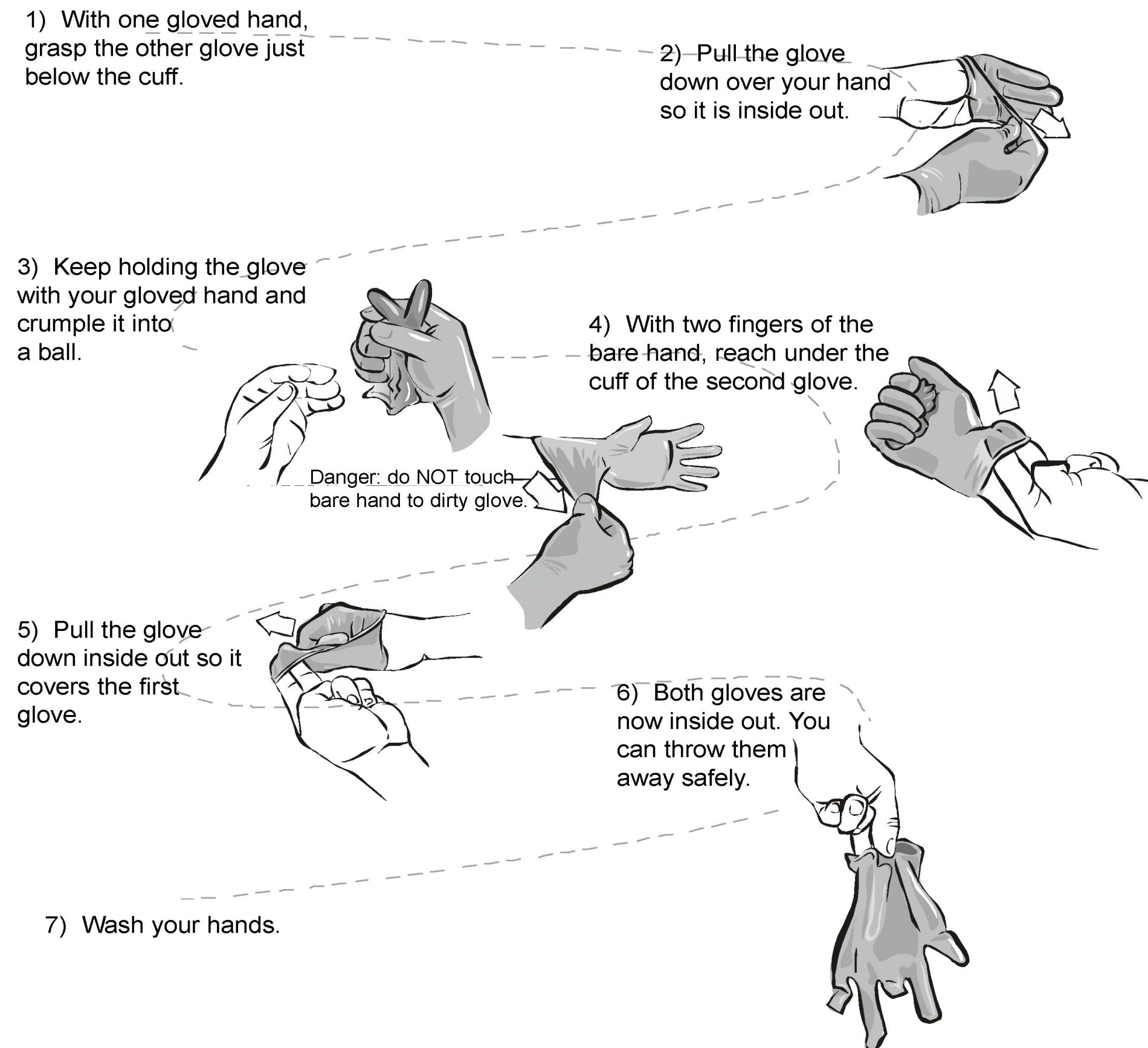
- Have direct skin contact with blood, body fluids, or another person's mucous membranes.
- Handle things contaminated with germs such as tissues, disposable underwear, or soiled clothing or linens.
- Have contact with a client that has an open wound.
- Clean-up body fluids.
- Assist a client with toileting or other personal care tasks.
- Have a cut, scrape, or chapped hands,



Safety

How to Remove Gloves Safely

Assume that all used gloves are contaminated. When you remove them, follow these steps so that the outside of the gloves does not touch your bare skin.



Never let the outside of a used glove touch your skin.

Disposable gloves help control infection

- Learn how to put on and take off gloves correctly.
- Make sure gloves are easy to find when you need them.
- Never reuse gloves.

Put on new gloves each time you give care.

Protect Yourself from Blood Borne Diseases

Although your risk of exposure to blood borne diseases in the workplace is small, it still exists.

Blood borne diseases such as Hepatitis B (HBV) and Hepatitis C (HCV), and the Human Immunodeficiency Virus (HIV), have changed the way LTC workers work.

Protecting yourself from blood borne diseases on-the-job requires knowing the facts about how blood borne diseases are spread, washing your hands, and taking a few other sensible standard precautions.



Dispose of contaminated items safely

- Wear disposable gloves when picking up contaminated things.
- Put any contaminated waste in a heavy-duty garbage bag and tie it.
- Put this bag in another garbage bag, tie it, and label it “Biohazard”.

Proper waste disposal
is part of infection control

Definitions

Blood borne disease - disease causing germs spread through contact with blood or body fluids such as urine, feces, vomit, semen, and vaginal secretions.

Personal Protective Equipment (PPE)- Equipment or clothing such as gloves, gowns, or masks, designed to prevent injury or illness from a specific hazard in the workplace.

Standard Precautions - accepted practices used to prevent infection from blood borne diseases.

Contaminated dirty, or having touched blood or bodily fluids.

Immune system what the body uses to fight off infection.

Standard Precautions

Standard Precautions are standard practices used to protect you and clients from exposure to blood borne diseases.

ALWAYS use Standard Precautions in **EVERY** situation that could involve possible contact with blood or other bodily fluids.

Standard precautions should be used with every client.

Standard precautions include washing your hands, wearing disposable gloves and other PPE, cleaning and disinfecting the environment, following speci

Treat *all* blood or body fluids as potentially infectious.

Personal Protective Equipment (PPE)

Always wear gloves to protect your hands when having direct contact with blood or body fluids. Even tiny breaks or cracks in the skin from common conditions like dermatitis, hangnails, acne, chapping, or broken cuticles can be doorways for viruses to enter your body. Throw gloves away after use and wash your hands.

Use additional PPE depending on the anticipated exposure. This could be a:

- Gown to protect your skin and clothing.
- Mask to protect your mouth or nose.
- Goggles to protect your eyes.
- Face shield to protect your face, mouth, eyes, and nose.



The risk of transmission of a blood borne pathogen to you as a LTC worker is extremely small if standard precautions are used.

Wear gloves and use other needed PPE when you clean surfaces soiled with blood or other body fluids.



If you are exposed to blood or body fluids

If you get blood or other body fluids:

- **On your skin: immediately WASH** with non-abrasive soap and water.
- **In your eyes: immediately FLUSH** with running water for 5 minutes in each eye at the sink or at an eyewash fountain.

If you:

- Get a **needle stick or puncture wound**, **wash thoroughly** with soap and water or pour a small amount of hydrogen peroxide on the wound. Get medical attention for further action.
- Have any open area on your body such as a **bite, scratch, or lesion** that may have had blood or body fluid exposure, **wash the area thoroughly** with soap and water or pour a small amount of hydrogen peroxide on the wound. Get medical attention for further action.

Disposing of contaminated waste

Proper disposal of garbage and waste is part of infection control.

The three types of waste are:

1.Regular garbage or trash.

- Never place your foot or hand in a garbage can to compact the trash.

2.Contaminated waste: Anything that might have come in contact with blood or bodily fluids.

- Separate contaminated waste from regular garbage.

3.Sharps: syringes, razors, finger sticks, or other things with sharp edges.

- Never put sharps in a regular wastebasket or garbage can.

Use all disposable and single-service supplies and equipment only one time as specified by the manufacturer.



No sharps in garbage bags

- Put all “sharps” in a special hard-plastic sharps container. The type of container used depends on where you work.
- Never put sharps into a regular trash bag or directly into a garbage can - sharps could prick someone’s skin and pass on germs.

Safe disposal prevents injury and infection.

Clean and Disinfect

Cleaning Tips:

- Clean kitchen and bath surfaces with soap and water to wash away dirt and germs.
- Disinfect with a disinfectant product.
- Note: A disinfectant can be made by mixing one tsp. bleach with one gallon of water. The bleach solution is only good for 24 hrs.
- Wear household gloves when cleaning.
- Flush bodily fluids and dirty water used for cleaning down the toilet.
- Wash dirty dishes in soap and hot water. Rinse with hot running water, and air dry. Put dishes away when dry.



Working with Household Chemicals

Product Labels

Always look at a product's label before using it for Caution, warning and Danger

Use household chemicals only in well ventilated areas.

If You Get Chemicals on You

Generally, if you get chemicals on you, wash or brush off powders, liquids, gels or pastes and then rinse with lots of water.

If you have any question about the danger of a chemical, are not sure what it is, or have significant symptoms, go immediately to the nearest hospital's e.

When You Are Sick

Do not expose clients to your germs if you have a contagious infection such as the flu. If you are sick and contagious, don't come to work.

Make life hard for germs

- Keep surfaces clean and dry germs need moisture to grow.
- Let in lots of fresh air and sunlight germs like darkness.
- Clean spills immediately - germs need food to grow.

Know what germs need to grow



Visit the
The American Association of
Poison Control Centers
website for more information
on poison safety.

www.aapcc.org

Prepare for and Handle Emergencies

As a LTC worker, you must always be prepared to handle emergency situations. In some care settings, you may be the only person to provide help at the time of the emergency.

You need to know:

- What you are to do, and in some cases not do, in different types of emergencies
- Who you contact or work with during and after the emergency is under control.
- How best to keep everyone, including yourself, safe.
- The specific needs of individual clients.
- Each client's evacuation plan. It may be different for each client depending on his or her physical and/or mental abilities.
- The best route of evacuation.
- Where the primary and secondary safe area is.

Staying calm during an emergency

Staying calm is essential to handling any emergency. Of course, that can be easier said than done. Here are some helpful tips.

- Know the plan. Staying calm is often a result of knowing what to do next. You will feel more in control if you know what steps to take.
- Practicing the plan is even better! Take drills and planning seriously.
- Take several deep breathes and steady yourself.
- Assess the situation. Have an idea of the entire situation before you act.
- Stay in the moment. Focus on what you need to do to get through the emergency.
- Detach yourself from the high emotions of the situation. Others will likely take your lead and remain calmer if you do.

Fire Emergencies

Those working in AFHs or ALFs will have periodic fire drills to practice what to do in case of a fire. Take these drills seriously – they save lives.

HCA workers should know the evacuation plan for a client, the best evacuation route out of the home, and the address and cross street of the client’s home. If you discover a fire, remember R.A.C.E. to help you respond safely and correctly.

R = RESCUE: Stop what you are doing and get clients to safety.

A = ALARM: Sound an alarm. This might be pulling a fire alarm or calling 911.

C = CONFINE the fire by closing all doors and windows you can safely reach.

E = EXTINGUISH the fire with a fire extinguisher if it is safe to do so.

OR EVACUATE the area if the fire is too large for a fire extinguisher.

**If fire prevents you from evacuating
stay with a client.**

- Call 911 and tell them that you are trapped.
- Stay in a room with the door shut to slow the fire down.
- Stuff clothing or towels in openings around doors and vents.

Heat and smoke rise

Stay close to the floor

where there is less smoke

Never:

- Put water on a grease or liquid fire. Water will cause the fire to spread.
- Put water on an electrical fire. It can give you a serious shock.
- Re-enter a burning building to save pets or valuables.
- Try to move a burning object out of the room.
- Use an elevator as a fire escape route.



Using a fire extinguisher

A fire extinguisher is required in all AFHs and ALFs. HCA workers should encourage a client to have one if it isn’t in the home. A fire extinguisher that says “ABC” on the front will put out all types of fires, wood/paper, oil/grease and electrical.

The word P.A.S.S. will help you remember the steps to using a fire extinguisher.

P = Pull. Hold the extinguisher upright and pull the ring pin, snapping the plastic seal.

A = Aim. Stand back from the fire, aim at the base of the fire nearest you.

S = Squeeze. Keeping the extinguisher upright, `squeeze the handles together to discharge.

S = Sweep. Sweep from side to side.

When the fire is out, watch to make sure it stays out. Evacuate everyone from the area and ventilate the area immediately after using a fire extinguisher.

Preparing for Natural Disasters

Emergency Kits

An emergency kit is a collection of supplies that allows people to live without assistance for at least three days in case of emergencies. Emergency supplies must be available if you work in an AFH or ALF. Become familiar



A client's safety comes first

- If you think it might be an emergency, get help.
- If you are alone and in doubt about the seriousness of a situation, call 911. Emergency workers are trained to help you decide if there is an emergency — it's part of their job.
- Follow the emergency staff's directions.

Being prepared saves lives

Earthquakes

During an earthquake, keep yourself safe and assist a client when the shaking stops. You should:

- Stay in the building, take cover under a desk or table, and hold on.
- Stay away from windows, heavy cabinets, bookcases, or glass dividers.
- When the shaking stops, get out of the building. Don't attempt to move a seriously injured person unless he or she is in immediate danger of further injury.
- **If you are outside:** stand away from the buildings, trees, or telephone and electric lines.
- **If you are on the road:** drive away from underpasses or overpasses. Stay in the vehicle.

Power Outages

AFHs and ALFs must provide emergency lighting or flashlights in all areas of the home.

If clients are in total darkness, especially at night:

- Take the time to assure all clients are safe and aware of what is happening.
- If power is out in the neighborhood, disconnect all electrical heaters and appliances to reduce the initial demand and protect the motors from possible low voltage damage.
- Unplug computers and other voltage sensitive equipment to protect them against possible surges when the power is restored.
- Conserve water, especially if water source is a well.
- Keep doors, windows, and draperies closed to retain heat.
- Leave one light switch in the “on” position to alert you when service is restored.
- Keep refrigerator and freezer doors closed. If the freezer door remains closed, a fully loaded freezer can keep foods frozen for two days.
- Be extremely careful of fire hazards caused by candles or other flammable light sources.
- When using kerosene heaters, gas lanterns, or stoves inside the house, maintain ventilation to avoid build-up of toxic fumes.
- Never use charcoal or gas barbeques inside, they