

# Home Safety Tips

Compassionate Care by MEDRelief Staffing's sole purpose is to ensure client satisfaction and safety always. It's important to be aware of potential dangers present in the home and plan accordingly. Below are some helpful tips for home safety.

## General Home Safety:

- Keep fire extinguisher and smoke detector on every floor
- Remove or tack down all scattered rugs
- Remove electrical or telephone cords from traffic areas
- Avoid using slippery wax on floors
- Wipe up spills promptly
- Have sturdy rails for all stairs
- Make sure that all stairs have good lighting with switches at the top and bottom
- Staircase steps should have non-slip surface
- When in doubt, call for HELP

## Bathroom Safety:

- Leave a light on in your bathroom at night
- Skid-proof the tub and make sure the bath mat has a nonslip bottom
- To avoid scalds, turn water heater to 120 degrees Fahrenheit
- Mark cold and hot faucets clearly
- Use door locks that can be opened from both sides
- If possible, bathe only when help is available
- If possible, install grab bars on the walls of the bath/shower and on the sides of toilets

## Drug Safety:

- Review your medications frequently with your doctor or pharmacist and when you take new medication
- Make sure medicines are clearly labeled and stored properly
- Read medicine labels in good light to ensure you have the right medicine and always take the correct dose
- Dispose of any old or used medicine
- Never borrow prescription drugs from others
- Double check medication before taking as a precaution
- Have a medication list and keep updated as needed

## Kitchen Safety:

- Keep floors clean and uncluttered
- Illuminate work areas
- Mark "on" and "off" positions on appliances clearly
- Store sharp knives in a rack
- Use a kettle and/or coffee pot with automatic shut off
- Make sure food is rotated regularly. Check expiration dates
- Avoid long, loose clothing when cooking over the stove

## Did You Know?

Our Client Care Coordinators provide **FREE** in home safety assessments for every client. Call us today for more information.

**713-270-4836**

