



Basic Home Safety Instructions

Medical Park Pharmacy

Infection Control

Standard Precautions are a set of infection control practices that healthcare personnel use to reduce transmission of pathogens. They protect both the caregiver and the patient from contact with infectious agents.

- Hand hygiene- Hands should be washed both before and after patient contact, or contact with patient care items such as bed linens, clothing, etc. Use of an alcohol based sanitizer or thorough soap and water cleansing is sufficient.
- Personal protective equipment may be necessary depending on tasks performed. Gloves should be used for patient contact. A mask should be used when the caregiver or patient may have air-borne transferable infections and gowns should be worn when soiling may occur.
- Equipment and storage surfaces should be wiped periodically with germicidal cloths.
- Conditions may require use of further precautions for infection control. Follow all instructions provided.

Environmental safety

Walkways

- Remove loose rugs whenever possible
- If rugs remain, use non-skid backing
- Repair or replace worn or torn carpeting
- Avoid waxing floors to minimize slipping

Stairs

- Stair rise should be no more than 5 inches
- Secure handrails to both sides of stairway when possible
- Place non-skid treads when possible
- Secure carpeting or stair runner

Furniture layout

- Arrange furniture so that pathways are not blocked
- Chairs and tables should be sturdy enough to support a person that is leaning on them
- Avoid furniture with sharp edges or corners. Pad any sharp furniture that cannot be removed.

- *Safety Tip:* Chairs with arm rests and high backs provide better support when sitting and more leverage when rising.

Lighting

- Be sure lighting is ample for clear vision to read labels and to avoid falls
- Switches should be accessible immediately upon entering room
- Good lighting in bath areas, hallways, and stairs is especially important

Medications

- Keep medications out of reach of children. If medications are usually left out, move them when children come to visit.
- Dispose of expired or unused meds properly. Ask a pharmacist for proper disposal methods.

Sliding glass doors

- Place stickers or warning signs on sliding glass doors to prevent collision

Bathroom Safety

Bathtub

- Install skid-resistant strips or rubber mat
- Use a bath seat if it is difficult to sit or stand
- Use grab bars on tub or shower for balance
- Do not use soap dish or shower for balance
- Adjust water temperature to 120 degrees or less to prevent burns

Toilet

- Use grab bars around the toilet for leverage when rising or for balance when sitting
- Use an elevated seat or commode if you have trouble sitting or rising from the toilet

Doors

- Avoid locking doors or use locks that can be opened from the outside in case of emergency.

Kitchen Safety

- Store frequently used items at waist level. Use a reacher to avoid overbalancing to reach items on high shelves.
- Mark stove dials clearly with “ON” and “OFF”

- Use front stove burners except when small children are present. Avoid reaching over hot eyes.
- Keep baking soda near the stove to extinguish small fires or grease flares.
- Do not allow sleeves to dangle when cooking
- Four legged tables are the most stable

Natural Disaster Preparedness

Before

- Keep a 7-14 day supply of food and water on hand, keeping dietary restrictions in mind
- Keep a 7-14 day supply of medication and medical supplies on hand
- Know the emergency procedures for electrical equipment in case of a power outage
- Lock or block wheels on equipment and house hold items that might move in the event of an earthquake or violent storm
- Have a friend or acquaintance who will call to check on you prior to storms and after

During

- Take cover in an interior room away from windows. Get under a heavy desk or table or get into a doorway to protect yourself from falling objects
- Lock bed or wheelchair wheels to prevent movement
- If caught outside, move away from buildings, trees, and electrical lines

After

- If you have interruption in service, try to contact us. If not possible, contact nearest hospital or call 911 for instructions
- Turn off gas at meter if you detect a smell or if leak is suspect. Do not use a match or other ignition source near suspected gas leaks
- Assess injuries or damage for first aid or emergency needs
- Turn on a radio to listen for instructions from public safety officials

Electrical Safety

- Keep appliances away from water. Be aware of leaks. Electrocutation is a danger. If lines are damaged, turn off power at breaker/fuse box
- Do not use electrical items that may be damaged
- Inspect cords for stretch or abrasion damage. Do not use if damaged
- Use grounded plugs or grounding adapters for medical equipment
- Keep extension cords out of transit areas to avoid tripping or damage
- Try to avoid multiple items plugged to one outlet

Fire Prevention and Response

- Install smoke detectors in bedroom, hallways and kitchen
- An ABC type fire extinguisher should be available in a centrally accessible area
- Do not smoke in bed, or when you are prone to fall asleep
- Keep space heaters away from flammable items and out of the path of movement where burns may occur if bumped
- Keep oxygen away from fire or flame. In the event of fire in the home, turn off oxygen and move away from its location
- Call 911 at the first sign of a fire
- Have an evacuation plan that all family members have rehearsed
 - Someone who is bed confined must be placed in a wheelchair and rolled out or carried out
 - Keep path clear in house to roll bed or wheelchair
 - Know where stairs are located in upstairs apartments. Remember, elevators are not safe during storms or earthquakes where power outages may occur.

A Final Note

In the event of an injury resulting from any accident or disaster, call 911 immediately. If the injury results from use of equipment or supplies provided by Medical Park Pharmacy, call us at (770)535-8860 or (800)-716-8559 to report the incident. Problems related to service or supply may be addressed to us at the above numbers. If we cannot be reached due to natural disaster, call our back-up partner, Arnold Drug in Cornelia, GA at (770)778-4918 for emergency service. You may monitor radio station WDUN at 550 AM for updated about our facility if we are unable to operate.