

# 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 caregiver and patient from contact with infectious agents.

Hand Hygiene- Hands should be washed both before and after patient contact, or contact with patient care items. (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 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 leaning on them

Avoid furniture with sharp edges or corners. Pad any that can't be removed

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 avoid falls

Switches should be accessible immediately upon entering room

Good lighting in bath areas, halls, stairs, is especially important

#### Medicines

Keep meds out of reach of children. If meds are usually out, move them when small one 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 towel bars for balance
- Adjust water temp to 120 degrees or less to prevent burns

#### Toilet

Use grab bars around the toilet for leverage when rising or 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 high items

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

4 legged tables are most stable

### **Natural Disaster Preparedness**

#### *Before*

Keep a 7-14 day supply of food and water on hand, keeping in mind dietary restrictions

Keep a 7-14 day supply of medication and medical supplies on hand

Know the emergency procedures for electrical equipment in case of power loss

Lock or block wheels on equipment and house hold items that might move in the event of quake or violent storm

Have a “buddy” 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 table or get into a doorway to protect 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 smell or if leak is suspected. DON'T 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.
- Don't use electrical items that may be damaged
- Inspect cords for stretch or abrasion damage. Don't 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 bedrooms, hallways and kitchen
- ABC type fire extinguisher should be available in a centrally accessible area
- Don't 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 it's location
- Call 911 at first sign of fire
- Have an evacuation plan that all family members have rehearsed
  - Someone who is bed confines 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 updates about our facility if we are unable to operate.