



Safety is important to all in society, especially to those who are ill. The sick person is particularly prone to accident and injury by virtue of the illness itself. Listed below are some suggestions to ensure optimum safety in your home and life style.

Environmental

- Maintain clear walkways. Remove obstacles in walking paths.
- Eliminate scatter rugs.
- Wear secure shoes and clothing. Avoid open-heeled shoes.
- Maintain good lighting around you. A night light will help if you get up during the night.
- Equipment should be maintained and checked for proper functioning and settings.
- Use appropriate devices.
- Avoid excesses in temperature. Your awareness of heat and cold may be dulled due to medication, the disease itself or the aging process.
- Spills should be cleaned immediately. Wet floors are a real hazard.
- Safety bars may be needed in the bathrooms.
- Keep emergency numbers in easy view, near the phone.
- Side rails may be needed and can be obtained for your bed.

Health

Smoking

- Avoid or cut down on smoking.
- Smoking is linked to several kinds of cancer, and heart disease.

Alcohol

- Only drink in moderation or not at all.
- Alcohol can lead to automobile accidents, health and family problems.

Fire

- Make sure you have the appropriate number of smoke detector (s) in your home.
- Test each of your detectors at least monthly to make sure they are in working order.
- Make sure you have an escape plan in mind in case of fire.
- Make sure you have at least one "all purpose" fire extinguisher in your home.
- Check your fire extinguisher at least monthly to make sure it is still pressurized.

Prescription Drugs

- Always follow directions.
- Read labels before each use.
- Store drugs properly.
- Throw out unused or outdated prescriptions.
- Keep all medications away from children.
- Keep medicines in a cool place and away from direct heat.
- Do not take any other persons medication.
- Do not take prescription medications which are old.

Nutrition

- A healthy diet keeps you fit and gives you energy.
- Eat a well balanced diet. Limit your intake of salt, sugar, fats and cholesterol.

Exercise

- Consult your physician to establish an appropriate exercise program.
- Start slowly and increase gradually.

Rest

- Get enough sleep to feel rested each morning.

If you have any questions or need assistance with any of these safety aspects, please ask your nurse or therapist. Your health and safety is our primary concern.