



Welcome to the EHD OC Family

A Safe Caring Community



Resident Safety

Suggestions for Living Safely and Happily

We suggest you use this booklet as a guide. It will help you to become safety aware. These suggestions are recommendations.

Courteous Driving



Is Safety in Action

"BEE Careful in the Kitchen"

BEE-CAUSE Fires and Burns Happen!

www.seniorsafetyonline.com

"Bee Aware"

Prevent Falls, Slips and Trips!

"Bee Aware of Where Your Next Step Will Bee"

www.seniorsafetyonline.com

Happy Holidays!

**CELEBRATE
BEE SAFE**

www.seniorsafetyonline.com

WELCOME

We, at EHDOC, are strong advocates for providing a quality of life that includes living with friends and family. We strongly believe that people are happier and healthier when living in familiar and safe surroundings.



We want you to live with us as comfortably and safely as possible so you can enjoy life. Our maintenance and staff will do everything they can to keep you safe and comfortable.

Accidents are not part of our equation and many can be prevented. Unfortunately, as we age, falls and fires become the two biggest hazards that we face.

Awareness is the 'front line' in our battle to help you avoid accidents. Every year many seniors are hospitalized or die because of falls or fires. Safety Awareness helps prevent accidents and keeps us healthy and active.

Our little booklet is a guide to help keep you aware of your surroundings and a tool that you can use to keep yourself safe and sound. Keep it handy and review it from time to time. It is a guide to safety awareness.

So, again, we welcome you to your EHDOC residence and invite you to enjoy our community.



Steve Protulis
EXECUTIVE DIRECTOR

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EXECUTIVE DIRECTOR - EHDOC

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Safety Awareness in the Bathroom

The bathroom can be very unsafe, if you are not aware of the dangers lurking. Many seniors have fallen in their bathrooms while others have been shocked while using electrical devices. Don't let these things happen to you. Be alert and keep your bathroom organized.

AVOID FALLS: BE AWARE OF THE FOLLOWING:

- Does your throw have a non-slip rubber back?
- Take your time and be careful when getting in and out of your shower or tub. Use your grab bars.
- Do you have a non-slip rubber mat in your tub or shower?
- If you have an emergency pull cord, does it reach the floor?
- Do you have a night lite in this room?
- Is your floor free of clutter?
- Be careful reaching for items while in the tub.



FIRES

- Do you keep your candles near towels or shower curtains?
- Be sure to put all candles out when you leave or go to sleep.

BE ELECTRICALLY AWARE

- Keep all electrical appliances such as hair dryers, etc. away from water, especially the tub or the sink.
- Do not stand in water while using an electrical device such as a hair dryer, shaver or curling iron. Keep your floor dry.
- Do not overload your electrical receptacles.



Be safe in your Bedroom: You'll sleep well

We Recommend that bedrooms should be clean and well lit. You want to be able to go to sleep knowing that if an emergency occurs you will be able to get help. If you need to get up at night, you want to be able to walk in your bedroom without tripping or falling.

AVOID FALLS: BE AWARE OF THE FOLLOWING:

- Is your floor clear of shoes, clothes and other items?
- Do you have a night light installed in your bedroom?
- Do you have a telephone and flashlight next to your bed?



- Do you sit on your bed for a few minutes after waking?
- Do you have emergency numbers taped to your phone?
- Do you have any wiring in your foot path or on the floor?
- If you have an emergency pull cord, is it unobstructed and does it reach the floor?
- Do NOT smoke in bed!
- Be sure to put all candles out when you leave or go to sleep.
- Keep candles away from draperies, clothes or linens.

Kitchen Safety

Kitchens are areas that can cause much grief. Scalding from hot food or water can occur. Electrical shocks happen when electrical outlets are not used properly. Hot surfaces such as stoves, microwave ovens and toaster can cause burns. Falls are an ever-present danger. Fires can happen anytime.

BE AWARE OF AND CHECK THE FOLLOWING:

- Are your kitchen appliances free of grease?
- Do you have any cloth or paper towels near your stove?
- Do you wear tight fitting clothes while cooking?
- Is the wiring on your kitchen appliances in good working order?
- Do you turn the handles on your pots away from yourself while cooking?
- Do you keep a pot lid close by while you are cooking?
- Do you use a timer while cooking?
- Do you wax your kitchen floor?
- Are you using a non-slip rubber backed throw rugs in your kitchen?



- Are your cabinets arranged so your commonly used items are within easy reach?
- Are your heavy items in your kitchen's lower cabinets?
- Do you have a step stool with handles on it?
- Do you place items or pots on the edge of your counter?
- Do you clean up spills quickly?
- Do you have a telephone within easy reach?
- Are cooking utensils and tools organized and put away?
- Do not leave your residence with food cooking.
- Do not overload your electric receptacles.
- Do not store anything in your oven.
- Be sure to put out all candles when you leave or go to sleep.



Your Living Room: Make it Comfortable and Safe

Your living room can be comfortable and safe if you make yourself aware of and take action to keep it clean and neat.

BE AWARE AND AVOID FALLS

- Is your floor clear of anything that might cause you to trip?
- Do your throw rugs have non-skid backs?
- Is there any wiring on the floor in your pathway?
- Is your furniture arranged to provide an open pathway between rooms and exits?
- Is your telephone within reach of the floor?
- Are your emergency phone numbers close by?
- Do you have a night light in your living room?

FIRE SAFETY

- Keep candles away from furniture, drapes, cloth furniture and other material that can catch fire.
- If you smoke, use deep, stable ashtrays.



SAFETY To Dos: WE SUGGEST YOU GO THROUGH YOUR APARTMENT AND WRITE DOWN ANY SAFETY PROBLEMS YOU SEE. IT WILL HELP YOU TO REMEMBER SO YOU CAN LIVE SAFELY. PLEASE REFER TO THE SAFETY TIPS IN YOUR BOOKLET.

BATHROOM:



HALLWAYS:

BEDROOM

KITCHEN

LIVING ROOM

We suggest you use this booklet as a guide. It will help you to become safety aware. These suggestions are recommendations.

Recommended Special Considerations:

Be a team player

- Our staff and management work every day to make your building and common areas safe. If you see broken items or areas in need of care please get in touch with your building manager.
- Do not try to fix anything in the building common areas yourself. Our maintenance staff are well trained and have the necessary tools.

Building Security

- Notify your manager if you see strangers on your building's property.
- Do not let people in the building.

Building Safety Procedures

- If you are unsure of your building's safety procedures, please ask your manager.

Tips for Smokers on preventing Fires

- Don't smoke in bed or when lying down.
- Use deep, wide ashtrays that are stable.
- Make sure your cigarette ashes are out before you throw them out.

Candles and Fires

- Candle holders should be wide and deep. They should be able to hold all the wax burnt by the candle.
- Be sure to put all candles out when you go to sleep or leave your residence.



**These Suggestions are your Safety Tool.
Keep it handy, refer to it often
and
*Live Well!***



Be Aware when out and about

Seniors are looked upon as vulnerable by those who would take advantage of them. No one has to be a target. There are precautions you can take to make sure that your visits, shopping, day trips and vacations are enjoyable and safe. Sidewalks and walkways are often not kept in good shape. When walking, keep your eyes open! The Secret? **AWARENESS!**

WHEN SHOPPING:

- Make sure you don't let anybody see your credit card.
- Keep your handbag close to you and keep your eye on it.
- Use your handbag's strap.
- Be careful around escalators. Watch your feet and clothes when traveling on them.
- When possible, go out in groups! You are not nearly a target as when alone.
- Keep personal information to a minimum in your wallet or purse.



WHEN USING PUBLIC TRANSIT

People who are described as being street smart typically do two things:

- 1) They make efforts to recognize and avoid potentially dangerous situations when they can.
- 2) They leave dangerous situations they find themselves in before those situations escalate.

Trust your intuition! If a situation doesn't 'feel right', go to a safe place (a 'safe' group of people or a different area).

Medications - Make them work for you

It is so important to be aware of and actively manage your prescriptions. Our medications allow us to lead better and healthier lives. Many times accidents, such as falls, occur because of the side effects of medication. This doesn't have to happen. Be aware of what, how much and when you take your prescriptions and other medications.

The Medication List: Your Source for Personal Drug Information

A list can help you remember. It's a good idea to make a list of all your medications and keep it with you in your wallet or purse. Having this list handy can save precious time during emergencies and hospitalizations. Keep one on your refrigerator. Take your mobile list with you when you visit your Doctor or Pharmacist.

Keep your list up to date when your medications change.

- List all prescription drugs, over-the-counter drugs such as aspirin, nutritional supplements, vitamins and all herbal products.
- Share the list with your doctors and pharmacists to help them decide which drugs to prescribe or which drugs to discontinue.
- The information on your medication list also helps doctors and pharmacists reduce your chances of having adverse drug interactions.

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MY MEDICATIONS

My Name: _____

Date I made up the list: _____

My Doctor's Name: _____

MY MEDICATIONS

My Name: _____

Date I made up the list: _____

My Doctor's Name: _____



August 2008

