

Fire Safety



- Fire regulations recommend one smoke detector on every level of the home. Check batteries on detectors at regular intervals.
- Develop evacuation plan to exit the residence in the event of a fire. Establish clear pathways to all exits. Do not block exits with furniture or boxes.
- Prioritize family members who are independent, non-ambulatory, or will require assistance.
- Have key accessible near deadbolt lock doors.
- Do not leave cooking unattended for extended periods.
- Kerosene heaters, wood stoves, fireplaces should not be left unattended while in use. Chimneys should be inspected annually to avoid dangerous build up.
- Do not smoke in bed. Do not smoke cigarettes if you are drowsy or have taken a pain medication.
- Keep a fire extinguisher where areas where fire could happen, such as in your kitchen.
- If there is a fire in your home, get everyone out first then call 911 or the fire department once you are out of the house and safe.

Emergency Plan

- Store supplies and waste out of reach of children and pets.
- Know how to call 911 or emergency medical transportation (ambulance).
- Locate at least one phone where it is accessible in the event an accident renders a person unable to stand.
- Emergency numbers should be posted near the phone, including the numbers of your physician, clinician and family / significant other.



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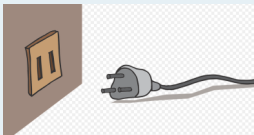
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Healthcare Solutions

YOUR SAFETY IS IMPORTANT TO US.

**Please take a moment to review
the information in this brochure
to help keep you safe.**

Electrical Safety

- Cords should not be placed beneath furniture and rugs.
- Frayed cords should be replaced.
- Extension cords should not be overloaded.
- Multiple outlets should be grounded.
- Do not use outlet if sparks or smoke appear, or if outlets become very warm..
- Keep flashlights and extra batteries handy in case a loss of electricity occurs.
- Do not touch electrical wires with wet hands.



Oxygen Safety



- Do not smoke or allow others to smoke near where Oxygen is being stored. There should be "No Smoking" signs posted.
- Keep Oxygen canisters at least 5 to 10 feet away from a heat source or open flame.
- Know how to work your oxygen equipment.
- Make sure oxygen tanks are upright, held in place and not laying on the floor. Use the appropriate holder provided by your oxygen company.
- Avoid using extension cords or multi-outlet adaptors near your oxygen equipment.
- Do not store your oxygen tanks in an area exposed to the sun.
- Do not change your oxygen dosage unless your doctor tells you to change it.
- Let your utility/power company know that you use oxygen and need it in case of a power failure.
- Turn off your oxygen when not in use.
- Keep oxygen equipment in a well ventilated area. Do not store oxygen in a closet or in the trunk of your car.
- Keep all flammable materials or petroleum-based products away from oxygen equipment.

Environmental Safety

- Rugs, runners and mats should be secured to floor with double sided adhesive, rubber matting, or be rubber backed.
- Carpet edges should be tacked down. Torn, worn or frayed carpeting should be repaired, replaced or removed.
- Cupboards should be organized so that frequently used items are on the lower shelves. Sturdy step stool should be used to reach items on higher shelves.
- Handrails and hand grips should be secure.
- Heavy items should be stored flat on lower levels of closet to avoid falling and injuries.

