



Patient Home Safety Program

Patient Name: _____ **MR#:** _____ **Date:** _____

Home Safety Instructions

1. Frequently used items should be easy to reach (shoulder height) and close at hand.
2. Stairs, halls, exits and areas of traffic should be free of clutter.
3. All areas should be well lit. Use a night light, if needed.
4. A telephone and lamp should be at the bedside.
5. Remove throw rugs and secure loose carpeting.
6. Use nonskid types of floor wax. Wipe up spills right away.
7. Install smoke detectors on all floors.
8. Do not run phone or electrical cords across the room. Tape cords to the floor/wall or tie them up.
9. Make plans to remove snow and ice from walkways in the winter.
10. Assist patients who are unsteady when walking.
11. **INSTALL AND USE THE FOLLOWING SAFETY DEVICES:**
 - _____ Nonslip rubber mats in tub/shower
 - _____ Shower chair with back and nonskid tips
 - _____ Safety bars in bathroom (tub, toilet and shower)
 - _____ Bedside commode/raised toilet seat/urinal
 - _____ Mark edges in the house including stairs with bright contrasting tape.

Energy Conservation Techniques

Planning a Schedule:

- Select the most essential jobs and/or those requiring the most energy and plan to accomplish these tasks when you are less tired and have fewer interruptions.
- Spread the most difficult tasks throughout the week.
- Prioritize daily activities and plan the day to avoid feeling rushed.
- Plan to rest 10 to 15 minutes between activities.
- Consolidate jobs, think ahead and organize your day.

Performing the Job:

- Lay out your work area within easy reach.
- Slide - don't lift or carry.
- Let gravity do the work (e.g., a laundry chute).
- Organize your tools so that they are easy to find when needed.
- Sit down to work whenever possible.
- Provide good working conditions, such as adequate lighting and ventilation.
- Avoid unnecessary stooping and bending. Reduce needless walking and stair climbing.
- Work at a moderate pace.