

Prevention is the best approach to safety.

Performing a room by room check is recommended to ensure safety in the home. Here are some tips to look for when performing your safety check.

<p><b>Fire Prevention</b></p> <ul style="list-style-type: none"> <li>- Ensure smoke detectors are in all bedrooms, common hallways, kitchen and laundry rooms</li> <li>- Never smoke in bed</li> <li>- Do not use lamps or appliances that have frayed or damaged cords</li> <li>- Make sure each bedroom and common room have windows or door that open.</li> <li>- Have an A-B-C fire extinguisher in the home</li> </ul>	<p><b>Fall Prevention</b></p> <ul style="list-style-type: none"> <li>- Wear well-fitting shoes with non-skid soles</li> <li>- Use cane or walker all the time, if needed</li> <li>- Have adequate lighting and night lights in needed areas</li> <li>- Install grab bars and handrails in bathrooms and stairs</li> <li>- Remove all throw rugs</li> <li>- Do not have any cords that extend into walkways</li> <li>- Keep floors clean and dry</li> <li>- If dizzy – stop, sit and wait or ask for help</li> </ul>
<p><b>Bathroom Safety</b></p> <ul style="list-style-type: none"> <li>- Ensure all electrical appliances (blow dryers, electric razors, heaters) are not placed where they can fall into bathtub or in contact with water</li> <li>- Install grab bars on sides of tub and/or shower</li> <li>- Use skid resistant mats by and in the tub</li> <li>- Have a night light in the bathroom</li> <li>- Use an elevated toilet seat or chair to make it easy to get up and down.</li> </ul>	<p><b>Severe Weather Safety</b></p> <ul style="list-style-type: none"> <li>- Have a good flashlight and radio with batteries available</li> <li>- Have adequate supply of bottled water</li> <li>- Do not go outside</li> <li>- Stay away from windows</li> <li>- For a tornado, get in tub if possible</li> <li>- If you have a cell phone, keep it on your person always</li> <li>- Sign up for 2-1-1 Texas Emergency Preparedness Program</li> </ul>

Taking a few easy steps in prevention is always a great first step. Compassionate Healthcare's primary focus is the safety of you and your loved ones. Our trained staff routinely performs safety checks while on our service.

Beside these areas it is important to always be mindful of personal hygiene and cleanliness of the home. This will lead to fewer exposures to common viruses and illnesses and well as make the home more pleasant to live in. Our compassionate caregivers are always on top of these areas to make sure that you stay safe, comfortable, and happy in your home as long.

**Compassionate Healthcare is locally owned and operated home health care company that provides high-quality, personalized non-medical care in your place of residence. Call (817) 570-9901 for a free in-home assessment.**