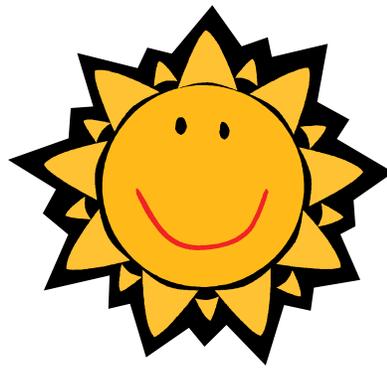


# Safety First

This Newsletter is dedicated to safety. We know that home health workers face a multitude of safety risks on a daily basis. Some of these risks include falls, overexertion, car accidents and hostile pets.



home  
& health care  
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## **BE MORE CAREFUL AT WORK**

We have a responsibility to ourselves to not get hurt.

**We have a responsibility to our families. Injured employees cannot provide for their loved ones.**

We have a responsibility to the company. Injuries have a negative impact on the well-being and productivity of the entire workplace.

**Unsafe behavior can endanger the clients and others.**

Injuries lead to increased insurance costs. Let's all try to keep costs down.

**So please be careful while you are working, driving or caring for your client. We all benefit from a healthy employee.**

## Driving Tips

☀ Slow down and increase your distance when snow, rain or mist begins to fall.

Anticipate sudden stops.

☀ Avoid heavy braking on slippery roads—icy or wet.

☀ Watch out for pedestrians.

☀ Keep your windows clear—use your defroster.

☀ Watch for slippery roads—bridges and overpasses freeze first. Thawing snow and spring rains can create hazards for drivers.

☀ Continue to perform cold weather checks on your car—vehicle maintenance is so important.

☀ Check battery, tire conditions and treads, windshield wipers, add no-freeze fluid to washers, check cooling system antifreeze, and check tire inflation.



**Remember—Do not remove your shoes in the home. Either wipe your shoes at the door or change at the door into a pair to wear in the home.**

**Beware of possible needles (sharps) in clothing or linens. Never touch or recap needles. Report to nurse!**

**Stay warm—we still have some very chilly mornings. Wear your hat, hood or scarf. Wear layers, they provide better insulation and warmth. Make sure you have your gloves with you. Keep a pair of gloves, hat and scarf in your car.**

## Stay Healthy

- Eating Right—Before you take a bite think about what you are eating. Fruits, vegetables, lean protein, whole grains, and low-fat dairy products will give you good nutrients and can be lower in calories. Smart choices.
- Fruits—Very important and variety is good. You can easily add a piece of fruit to your meal or snack.
- Vegetables—As with fruit variety is good. Look for color—dark green, red and orange vegetables. You can even do frozen vegetables or fruit.
- Protein—Very important and you can get it from a variety of sources. Seafood, nuts, beans, lean meat, poultry and eggs.
- Slow up on Sugar—Empty calories abound. Try to drink water instead of sugary drinks like soda. And select fruit for your desert. Empty calories have little or no nutrient value.
- Portion Control—Yes it is so important. We tend to overeat. And its easy to do—so watch your portions. You can use a smaller plate, bowl or cup to keep portions in check. When eating out—bring half of your meal home for later.

What does all of this have to do with safety? Putting nutritious foods into your body will produce a healthy, strong YOU and less prone to injury. Think about nutrition!!



 Remember under New York State law you cannot use a hand-held mobile telephone or send a text or an email while you drive. Using a hand-held mobile telephone while you drive could result in you receiving a ticket and being subject to a fine, points on your record and a surcharge. Very dangerous and costly.



## Slips and Falls

- There could still be a lot of winter left and that means cold weather, snow and ice will still be around for a while. Please be careful while driving and walking to your client's home. Avoid slipping on wet or icy surfaces. Check that floors are dry and paths are clear.
- \*\*Are you wearing appropriate shoes?
  - \*\*Is the lighting adequate in all work areas, hallways and stairways?
  - \*\*When you enter a building watch for wet floors as snow and ice are tracked inside.
  - \*\*Use special care when you exit your vehicle.
  - \*\*Take small steps to keep your center of balance under you. Remember the penguin walk.
  - \*\*Use those handrails—if available.

## Back Safety

- ☉ **Maintain proper posture at all times. Proper posture is correct alignment of your spine. This will conserve energy and prevent muscle strain.**
- ☉ **Wear comfortable shoes with non-skid soles.**
- ☉ **Know your limits—call the office if a client is too difficult—maybe a client requires two staff members. The nurse can evaluate the situation.**
- ☉ **Lift first in your mind then in your body. Think it through first and always explain to the client what you are doing.**
- ☉ **Be aware of your body's position and posture before you begin to lift.**
- ☉ **Always get on the same level as the object you are reaching for—never reach over your head.**
- ☉ **Slide, roll or push the object whenever you can so to avoid having to lift.**
- ☉ **Never rush—this increases your risk of injuring yourself or your client.**



**Spring is right around the corner. We are having a few more nice days sprinkled in the cold days. Get out those sneakers and take a walk. Listen to some music. Just get moving. Its good for exercise and a great stress reliever.**