

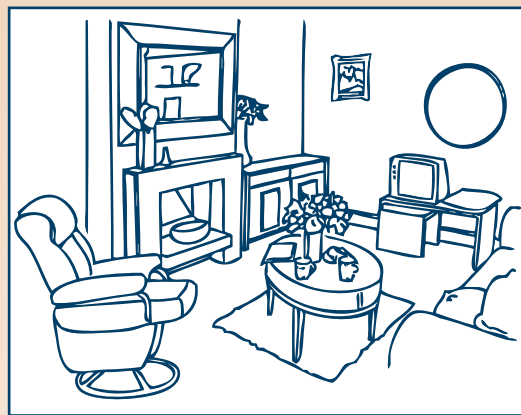


MAKING YOUR HOME SAFE

FOR HOME CARE WORKERS



Why does your home need to be safe for home care workers?



Under the *Occupational Health and Safety Act*, all workers are entitled to a safe workplace. It is up to you to ensure your home is safe so your health care worker can perform their duties and assist you to remain at home.

This pamphlet will help you prepare your home for every visit by a home care worker.

Talk to your home care agency if you have questions on what you need to do to make your home safe for your home care workers.

Top three causes of home care worker injuries:

- 1 Helping clients move**
- 2 Falls**
- 3 Aggressive behaviour**

Make sure you are ready each time your home care worker visits

Outside your home

- Keep driveways, sidewalks, stairs and ramps free of ice, snow, moss or clutter.
- Make sure stairs have handrails.
- Keep walkways and entrances well lit.
- Provide parking as close to your home as possible.

Inside your home

- Make sure floors are not slippery and area rugs have non-slip backing.
- Keep hallways, stairs and other walking areas clear of clutter and ensure furniture placement allows space for your worker to move around safely.
- Make sure your home care worker can walk around both sides of your bed.

Smoking and alcohol

- Stop smoking at least one hour before the visit, and do not smoke during the visit.
- Do not drink alcohol or use street drugs before or during the visit.

Pets

- Keep pets under control (on a short leash or locked in a separate room).

Family and visitors

- Let your home care worker know if there is anyone else in your home.

Used needles

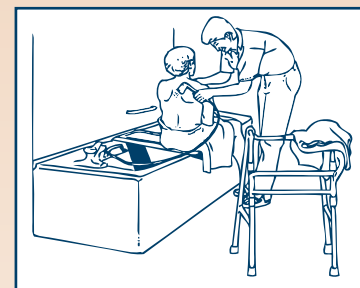
- Dispose of used needles in a puncture-resistant container.

Guns and weapons

- Store guns and other weapons in locked cabinets.

Helping home care workers avoid strain injuries

Your home care worker is more likely to be injured if you need help with bathing, dressing or getting in and out of a bed or chair.



In these cases, you need to get equipment and clothing that will help your home care worker assist you without hurting you or themselves. Your health care team will tell you more about what is required.

Examples of equipment

- Overhead lift for the bed
- Grab bars in the bathroom
- Raised toilet seat
- Bath transfer bench/hand-held shower head

Examples of adaptive clothing

- Back-opening nightgowns, shirts and dresses
- Side-opening pants

Treat your home care worker with respect

Sometimes you may not agree with your home care worker. Please do not yell or swear at, threaten, hit or grab your home care worker. If your home care worker feels threatened or unsafe, they can refuse to provide your care.

Your home care worker has a limited amount of time to provide a given service. Any additional requests must be directed to the home care agency.



Help keep your home care workers healthy and safe!

The agency may have additional requirements not outlined in this pamphlet. If so, the agency will review these with you.

For more information

If you have any questions or concerns about the information in this pamphlet, contact your home care agency listed below:

Produced in co-ordination with
New Brunswick Home Support Association
Association de soutien à domicile Nouveau-Brunswick