
EMERGENCY CONTACT NUMBERS

EMS, FIRE, POLICE: **9-1-1**

DOCTOR: _____

PHONE: _____

HOSPITAL: _____

PHONE: _____

WATER / POWER COMPANY: _____

PHONE: _____

FALL-PREVENTION CHECKLIST

Here are some suggestions to help you prevent or reduce the number of falls at home:

- ✓ Remove any furniture that may be in your walking space.
- ✓ Make sure floors / stairwells are clear of any clutter you can trip over.
- ✓ Use double-sided tape to keep the small throw rugs from slipping, remove them if necessary
- ✓ Keep items you use often in easy to reach places.
- ✓ Install grab bars near your toilet and in the tub or shower.
- ✓ Use non-slip mats in the bathtub and on the shower floors.
- ✓ Use a hand-held shower head and a shower chair / bench.
- ✓ Never use a chair as a step stool.
- ✓ Improve the lighting in your home. As you get older, you need brighter lights to see well.
- ✓ Install night-lights along the path to bedrooms and bathrooms.
- ✓ Consider installing light switches that glow.
- ✓ Hang light-weight curtains or shades to reduce glare.
- ✓ Install handrails on all staircases.
- ✓ Avoid going barefoot or wearing slippers on slippery surfaces.

Consider putting a phone near the floor in case you do fall and can't get up.

For more information please visit the following webpages:

<http://www.clemson.edu/cusafety/>

<http://www.dhs.gov/>

<http://www.fema.gov/>

<http://www.ushsnj.com/emergency.php>

<http://www.scemd.org/>

<http://www.cdc.gov/ncipc/publications/toolkit/checklistforsafety.htm>

Clemson University Fire and EMS



PLANNING FOR EMERGENCIES

Prepare an Emergency Plan

Make sure your plans include:

- A written list of your medications.
- All your health and medical needs, including healthcare-related legal documents.
- An evacuation plan to your alternate shelter.
- Medical equipment and supplies that you need on an ongoing basis (oxygen, insulin, other)
- Phone numbers for family physician, hospital, and other healthcare organizations
- Your plan for your pets.

Review your home emergency plans with your family and any caregivers you may have.

Prepare Equipment and Supplies

- Gather enough nonperishable food, water, medication, and other life sustaining necessities (including medical equipment and supplies) to last for at least two weeks.
- Make sure that you have copies of instructions for the use, maintenance, and cleaning of essential medical devices, such as wheelchairs, nebulizers, CPAP or BiLevel machines, and oxygen devices.

Keep Track of Medications

- Keep an updated list of all your medications, including the names of all prescribed and over-the counter medications need, the dosage, and how often you are to take them.
- Make sure all medication containers are properly labeled and sealed in a waterproof zip-type plastic bag.

Always consider evacuating as soon as possible, even if it may prove later to be unnecessary; especially those families with persons with access and functional needs. Keep in mind, some shelters may not allow animals inside the shelter so have an alternate plan for them. To prepare for a possible evacuation:

- Contact the American Red Cross for information on shelters near your residence
- Note all alternate shelters in the event that you are not able to reach the designated shelters.
- Discuss electrical needs for essential equipment with your family members, caregivers, and emergency shelter personnel. (e.g., refrigeration for food and medication, air nebulizers, ventilators, suction machines, etc.)
- The criteria for staying in a shelter for persons with access and functional needs vary by state or local government guidelines. In general, a shelter provides supervised care and shelter to a limited number of people requiring assistance due to pre-existing health conditions. You may qualify to stay at a shelter for persons with access and functional needs if you:
 - Have a chronic condition that requires assistance with day to day living.
 - Have a minor condition that requires professional observation, assessment, and maintenance
 - Have contagious health conditions that cannot be handled in a general population shelter.
 - Need assistance with medication, injections, or simple dressing changes.
 - Need electricity to operate medical equipment.
 - Need dialysis.
 - Need hospice services.

	FIRE SAFETY AND PREVENTION
	<ul style="list-style-type: none"> ✓ Keep an all-purpose fire extinguisher and have it inspected at least annually to check its function and charge. ✓ Learn how to use the extinguisher properly.
<ul style="list-style-type: none"> ✓ Develop a fire escape plan and discuss / practice it with every household member. ✓ Install smoke detectors on every level of the home and replace the batteries at least once per year. ✓ Test batteries of smoke alarms monthly and replace the unit every 8-10 years. ✓ Consult with your local fire department about installing a carbon monoxide detector. ✓ Review safety instructions for any electrical appliances or medical equipment. ✓ Review precautions for use of any oxygen equipment in the home. 	

	BATHROOM SAFETY
	The bathroom is an area where slips and falls are more likely to occur due to the combination of moisture and smooth surfaces.
<p>Consider the following to make your bathroom safer:</p> <ul style="list-style-type: none"> ✓ Installing non-slip foot strips for the tub or shower. ✓ Installing a grab-bar for your tub or shower. ✓ Obtaining a shower bench, arm supports for the commode, and / or a raised toilet seat as needed. ✓ Using non-slip rugs on the bathroom floor. 	

	KITCHEN SAFETY
	Arrange the items in your kitchen areas so that you are able to easily reach and use them. This includes utensils, dinnerware, pots and pans, small appliances, and food / beverages.
<p>Consider the following to make your kitchen safer:</p> <ul style="list-style-type: none"> ✓ Use a chair to allow you to sit at the counter or other kitchen work area, as needed. ✓ Do not use oxygen while cooking or near an open flame or food source. ✓ Wear close-fitted clothing while cooking. ✓ Do not attempt cooking if you are sleepy, drunk, or have taken medication that may cause drowsiness. ✓ Keep your toaster free and clear of any flammable items such as napkins, paper towel dispensers, etc. 	

	ELECTRICAL SAFETY
	<ul style="list-style-type: none"> ✓ Review the manufacturer's electrical safety instructions for any electrical appliances or medical equipment ✓ Use properly grounded outlets to plug-in medical equipment. ✓ Never force a three-prong plug into a two-slot outlet. ✓ When using a three-prong electrical plug adapter, always attach the ground wire to the plug outlet screw to ensure proper grounding. ✓ Don't overload electrical outlets. ✓ If needed, use a high-quality extension device such as a power strip with surge protection. Do not use "lightweight", cheap extension cords.

	BEDROOM SAFETY
	Arrange the bedroom furniture to ensure that all pathways are clear for walking and that all needed items are accessible.
<p>Consider the following to make your bedroom safer:</p> <ul style="list-style-type: none"> ✓ Place needed items within easy reach from your bed. ✓ Leave a low-wattage light on at night or use night-light(s) to make it easier to move around the room at night. ✓ Avoid the use of throw rugs on bare floors. ✓ Use only non-slip rugs. ✓ If needed, a hospital bed (with rails as needed) will allow a variety of positions for comfort. Your medical equipment provider has information. 	

	MOVING AROUND SAFETY
	Have your furniture arranged so that you can easily move through the rooms of your home. Keep stairs and doorways free of clutter.
<p>If you use an ambulatory-assist device such as a cane, walker, or wheelchair:</p> <ul style="list-style-type: none"> ✓ Ensure that walkways, stairs and doorways are clear of obstructions and are wide enough to provide you easy passage. ✓ Consider installing side-rails on stairs, if not already present. ✓ Consider an access ramp to make entering and exiting your home easier. 	