

Knight Medical Supply L.L.C.

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General Safety/Environmental Safety

Be prepared

- Have telephones in easy reach of both your bed and the place you sit most often.
- Install an answering machine so you do not have to hurry to answer the telephone.
- Place emergency phone numbers on or near every phone in your home.
- Buy a first-aid kit. Keep one in both your home and your car.
- Have an annual physical, including having your vision and hearing examined

Avoid fires

- Install smoke alarms and carbon monoxide alarms throughout the house. Test them periodically to make sure they work. Batteries should be changed at least once a year.
- Place fire extinguishers in the kitchen and other rooms. Make sure you know how to use them.
- Never smoke in bed.
- Turn off appliances when they are not in use.
- Run electrical cords along walls, not under rugs.
- Don't overload outlets and extension cords.
- Never store flammable liquids such as cleaning agents and paint supplies near heating units.
- Keep space heaters a safe distance from combustibles. Be sure to follow the manufacturer's guidelines.
- Have more than one escape route from your home. Practice these routes with your family.

A recipe for careful cooking

- Keep flammable objects such as curtains, aprons and dishtowels away from stoves.
- Never wear loose clothing near a stovetop while cooking.
- Never leave cooking unattended. Don't cook if you are drowsy.
- Always heat oil slowly, heating oil too quickly can easily start a fire.
- If a pan catches fire, carefully place a lid over the pan and turn off the heat. Leave the lid on until completely cool.
- Always clean appliances and surfaces after cooking to prevent grease buildup.
- Make sure handles on cookware are secured and always turned toward the center of the stove when cooking.
- Use a step stool instead of a chair to climb to a high shelf.

Avoid bumps, burns, bruises and falls

- Make sure staircases are well lit and have convenient switches and night-lights at the top and bottom.
- Securely fasten all carpeting and make sure all throw rugs or area rugs have non-skid backing.
- Install rubber mats or safety decals in bathtubs and showers.
- Close cabinet doors and drawers when they are not in use.
- Keep staircases and hallways free of clutter.
- Provide adequate space to maneuver between pieces of furniture to avoid walking sideways.
- Have safe and secure grab bars installed in the bathroom and in your stairway

If you have any questions about this information, please check with your doctor or a healthcare professional. The information provided is meant for education and does not give or replace the medical advice of your doctor or healthcare professional. More information can be found at the Home Safety Council website

www.homesafetycouncil.org