

Basic Digital Safety

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Safety at work

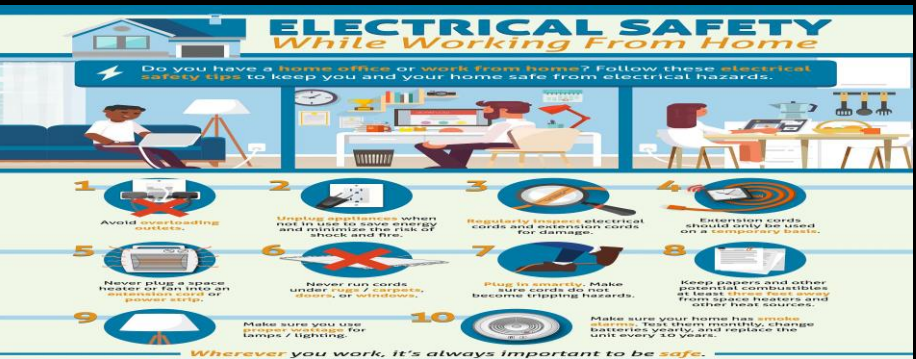
10 RULES FOR WORKPLACE SAFETY

- 1 YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY AND FOR THE SAFETY OF OTHERS.
- 2 ALL ACCIDENTS ARE PREVENTABLE.
- 3 DO NOT TAKE SHORTCUTS. ALWAYS FOLLOW THE RULES.
- 4 IF YOU ARE NOT TRAINED, DON'T DO IT.
- 5 USE THE RIGHT TOOLS & EQUIPMENT AND USE THEM IN THE RIGHT WAY.
- 6 ASSESS THE RISKS BEFORE YOU APPROACH YOUR WORK.
- 7 NEVER WEAR LOOSE CLOTHES OR SLIPPERY FOOTWEAR.
- 8 DO NOT INDULGE IN HORSEPLAY WHILE AT WORK.
- 9 PRACTICE GOOD HOUSEKEEPING.
- 10 ALWAYS WEAR PPEs.



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Safety at home



ROOM-BY-ROOM SAFETY	OTHER SAFETY TIPS AND HINTS
GARAGE, BASEMENT, WORKROOM • Store, lock, or remove any power tools, heavy or sharp objects, or machinery. • Store, lock, or remove any chemicals, pesticides, or cleaning solutions. • Ensure that this area is locked when left unattended to prevent wandering or potential injury.	LOCKS • Locking doors can prevent wandering and other unsafe behaviors. • Make sure to have locks/deadbolts on all doors that lead outside of the home. • Bedroom and bathroom doors should not have locks - they can end up trapping someone inside accidentally.
KITCHEN • Consider different options in disabling the stove/oven: shut off the gas valve, install an auto-shut off valve, remove dials or heating elements. • Store, lock, or remove any knives, accessories, or other sharp objects. • Access other ways of cooking or preparing food on a daily basis.	ALARMS • Smoke, fire, and carbon dioxide alarms can alert you, the person with dementia, and neighbors to any dangers. • Routinely check to make sure all alarms are charged, up-to-date, and active. • Have a safety plan in place for when any alarm goes off - a list of police, fire, and paramedics are vital for safety.
BATHROOM • Consider adding handles to showers, rugs in bathrooms, and other appliances to reduce the risk of falls. • If possible, install walk-in showers or bathtubs, lips or edges present a risk of falling or tripping. • Ensure that faucets or other knobs can be easily turned on or off.	PREVENTING FALLS • Keep all activities done by the person with dementia on the ground floor - avoid having to move up and down stairs. • Remove any furniture or objects found below waist level to avoid tripping/falling. • Install light strips in hallways to better illuminate them at night and use handrails when necessary.
LIVING PARTNERS • Living alone can be difficult - consider options to have someone else live with them. • Safety is what matters: if they can't be safe living alone, consider other housing options. • Assisted living or memory care facilities can monitor and assist with those living alone.	MEDICATIONS • Lock up and safely store medications when not in use. • Auto-dispensers can help regularly dispense scheduled medications and prevent accidental overdoses. • Find a common place to store locations - this can typically be the place where medications are taken throughout the day.

Safety in public

