

## Creating a Safe Haven

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As a home care provider, you are the "eyes and ears" of safety. Clients often have mobility issues that make a fire or fall life-threatening.

### 1. The R.A.C.E. Protocol (In Case of Fire)

- **R - Rescue:** Remove the client from immediate danger.
- **A - Alarm:** Call 911 and alert others in the home.
- **C - Contain:** Close doors to slow the spread of smoke and fire.
- **E - Extinguish/Evacuate:** Use a fire extinguisher if safe, otherwise get out.

### 2. Using a Fire Extinguisher (P.A.S.S.)

- **P:** Pull the pin.
- **A:** Aim at the base of the fire.
- **S:** Squeeze the handle.
- **S:** Sweep from side to side.

## 3. Identifying Common Home Hazards

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Perform a "Safety Sweep" every time you enter the home.

### Electrical Hazards

- Frayed wires or overloaded outlets.
- Space heaters closer than 3 feet to curtains or bedding.
- Extension cords running under rugs (major fire risk!).

### Tripping & Mobility Hazards

- **Throw Rugs:** These are the #1 cause of falls. Suggest moving them or using non-slip backing.
- **Lighting:** Ensure hallways and bathrooms are well-lit, especially at night.
- **Clutter:** Keep pathways clear of shoes, boxes, and pet toys.

### Oxygen Safety (Crucial)

If a client uses oxygen, there is an increased risk of fire:

- NO SMOKING within 10 feet of oxygen equipment.
- Do not use petroleum-based lotions (like Vaseline) on clients using oxygen.
- Keep oxygen tanks upright and secured.

**Quiz Prep Tip:** Know that most home fires start in the kitchen. Never leave a stove unattended, and always keep a lid nearby to smother grease fires.