



# Caregiver Safety

Caregivers play a critical role in serving and protecting the most vulnerable members of our community. The work can be physically and mentally demanding, which leads to workplace injuries when safety is not valued. In addition to ensuring safe conditions by completing home safety assessments, the following reminders should be considered to stay safe on the job.

## Commuting

- Keep your vehicle well maintained
- Have your car key in hand when leaving the home
- Use caution when walking to and from your vehicle
- Follow safe driving habits, including hands-free technology, driving at posted speed limits, etc.
- Allow enough travel time to arrive before a shift
- Park your vehicle in a well-lit area as close to the residence as possible
- Do not exit your car if you suspect potential danger — leave the area and contact your supervisor immediately

## Know Your Surroundings

- Use walkways when available
- Keep your cell phone readily available
- Be aware of pets — never assume a pet is safe to approach
- Do not enter a home if you feel threatened by a client, family member or pet

## General Safety

- Take your time to complete tasks correctly and safely
- Wear comfortable and slip-resistant shoes to avoid injury and slipping on floor surfaces
- Keep floors clean, dry and clutter-free to prevent slips, trips and falls
- Use handrails to help you catch yourself, where applicable
- Exercise caution when handling knives or hot surfaces
- Inform your supervisor if a hazard can't be easily corrected – poor lighting, inadequate bed positioning, floor hazards, loose railings, etc.

## Patient Mobility & Equipment

(some of the most common causes of injuries)

- Follow your company guidelines when transferring clients
- Apply proper techniques and appropriate equipment
- Only use equipment you have been trained on
- Use Hoyer lifts with caution — inadequate use can result in injuries to you and the client

## Combative Patient

- Follow your company de-escalation guidelines when managing problematic situations
- Never put yourself in an unsafe condition with an aggressive client
- Contact your supervisor for assistance as needed

## Injury Reporting

- Immediately report all work-related injuries and near-miss situations to your supervisor
- Protect yourself from blood and other bodily fluids by using personal protective equipment (PPE), including latex-free gloves and a mask
- Use universal precautions as outlined by your company policy and procedures
- Be cautious of hypodermic needles in trash receptacles or other areas
- If medical treatment is required, ask your supervisor for a recommended occupational clinic

The advice presented in this document is intended as general information for employers. Please contact your contact your dedicated loss control consultant for further questions or guidance.



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