



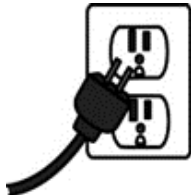
Adaptive Medical Marketing, Inc.

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|----------------------------|--------------------|
| DOCTOR _____ | PHONE _____ |
| HOSPITAL _____ | PHONE _____ |
| HOME CARE AGENCY _____ | PHONE _____ |
| ADAPTIVE MEDICAL MARKETING | PHONE 419-224-5410 |
| EMERGENCIES | 911 |



FIRE SAFETY AND PREVENTION

- *Keep an **ALL PURPOSE** fire extinguisher on hand
- *Have it **ANNUALLY** inspected for function and charge
- *Learn **PROPER** handling of the extinguisher
- *Install smoke detectors on **EVERY** level of the home and **SEMIANNUALLY** test/replace the batteries
- *Contact the fire department about installing a **CARBON MONOXIDE DETECTOR**
- *Review **SMOKING PRECAUTIONS** for use of oxygen in the home
- *Make a **FIRE ESCAPE PLAN** and alert all household members to it



ELECTRICAL SAFETY

- *Review all electrical safety instructions for **ALL** electrical appliances in the home
- *Use **PROPERLY GROUNDED** outlets **ONLY** when plugging in medical equipment
- *When using a three pronged electrical plug, **ALWAYS** attach the ground wire to the plug outlet screw to ensure proper grounding
- *Do not **OVERLOAD** electrical outlets
- *If an extension device is needed, use a **HIGH QUALITY** extension device (ie a power strip with surge protection).
- ***AVOID** light weight, cheap, or poor quality extension chords



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BEDROOM SAFETY

- *Make sure that there are **CLEAR** and easily assessable pathways
- *Place needed items **WITHIN** reach of the bed
- *Leave a low watt **NIGHT LIGHT** on to allow moving around safely at night
- ***AVOID** use of throw rugs on carpets
- *Use **NONSLIP** rugs on bare floors
- *A **HOSPITAL** bed allows a variety of positions as they are needed



BATHROOM SAFETY

- *Bathrooms have a **HIGHER** accident rate due to moisture and smooth surfaces
- *Use **NON SLIP FOOT STRIPS** in the shower and bathtub
- *Use a **GRAB BAR** for easy entry and exit from the shower or tub
- *Use **NONSLIP** rugs on the bathroom floor
- *Use **BATHROOM AIDES** such as a shower bench, commode supports, and raised toilet seats as needed



KITCHEN SAFETY

- * Arrange kitchen items such as pans and utensils for **EASY** accessibility and use
- *Use a chair to allow you to **SIT** at the counter or other kitchen areas, as needed
- *Do **NOT** use oxygen while cooking or near an open flame or heat source
- *Use extra **CAUTION** when handling heavy pots and pans-use padded mitts



MOVING AROUND SAFELY

- *Arrange furniture for **EASY** access throughout the house
- *Keep stairs and doorways **FREE** of clutter
- *Consider installing **SIDERAILS** on stairs
- *Keep all **WALKWAYS** free of clutter