



SHIAWASSEE
Health & Wellness

Environmental Safety

A training created by Shiawassee Health & Wellness for Self
Directed Employees



Your Safety – Your Responsibility!

Each of us has a responsibility to recognize safety hazards and to prevent accidents.

Here are a few tips to make you safer:

- Get a good night's sleep! When you are tired, you are more likely to be careless or miss seeing a hazard.
- Don't be in too much of a hurry. Take smaller steps and watch for dangers.
- Don't walk while texting, and maybe even when talking on the phone! Distractions keep you from seeing danger.
- Report any dangers you see to others and to someone who can fix them.



What Dangers Do I See?

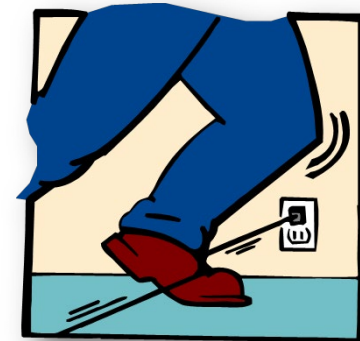
What things can you think of that create a possible accident?

- Slippery, wet, damaged or uneven floors.
- Lifting heavy or awkward things in an unsafe way.
- Cluttered rooms or hallways.
- Unkempt or broken stairs, railings or sidewalks.
- Poor lighting, especially on stairways and in hallways.
- Using boxes or chairs as ladders.
- Electrical cords laid across a floor or walk path
- Ice or water on steps and walkways.
- Rugs with edges or corners curled up



Possible Fire Hazards

- Cracked or split electrical cords or damaged cord ends
- Overloaded extension cords or cords placed where they may be stepped on or tripped over; If an extension cord gets hot, UNPLUG IT!
- Dirty or greasy kitchen appliances & equipment
- Full dryer lint screens; lint collecting beside and behind the dryer
- An oxygen machine or gas compressor not working right
- Things stored in hallways or stairwells
- Electric space heaters, especially near flammable items; never use an extension cord to power a portable heater.
- Smoking, especially smoking near oxygen or where you sleep



Preparing Yourself for a Fire

- Keep working Smoke Detectors and a Carbon Monoxide Detector in your home or apartment
- Keep fresh batteries in your detectors! Change them every spring at the change to Daylight Savings Time
- Test your smoke detectors often (first of each month?)
- Agree with others in your home on a safe meeting place outside, well away from the building. This is where everyone will meet if there is a fire.
- Practice a fire drill at least once per year. Set off a smoke detector and have everyone get outside to the meeting place as quickly and safely as possible.



What To Do In Case of Fire

- GET OUT!!
- Keep low or crawl to stay below the hot smoke and gasses
- Check closed doors with the back of your hand before opening
- (hot touch means fire is on the other side)
- Help others along who are also threatened by the fire.
- Get to your pre-arranged meeting place: outside and well away from the building
- Call 911 to report the fire and its exact location.
- Never go back into a burning building; leave that to the firefighters.



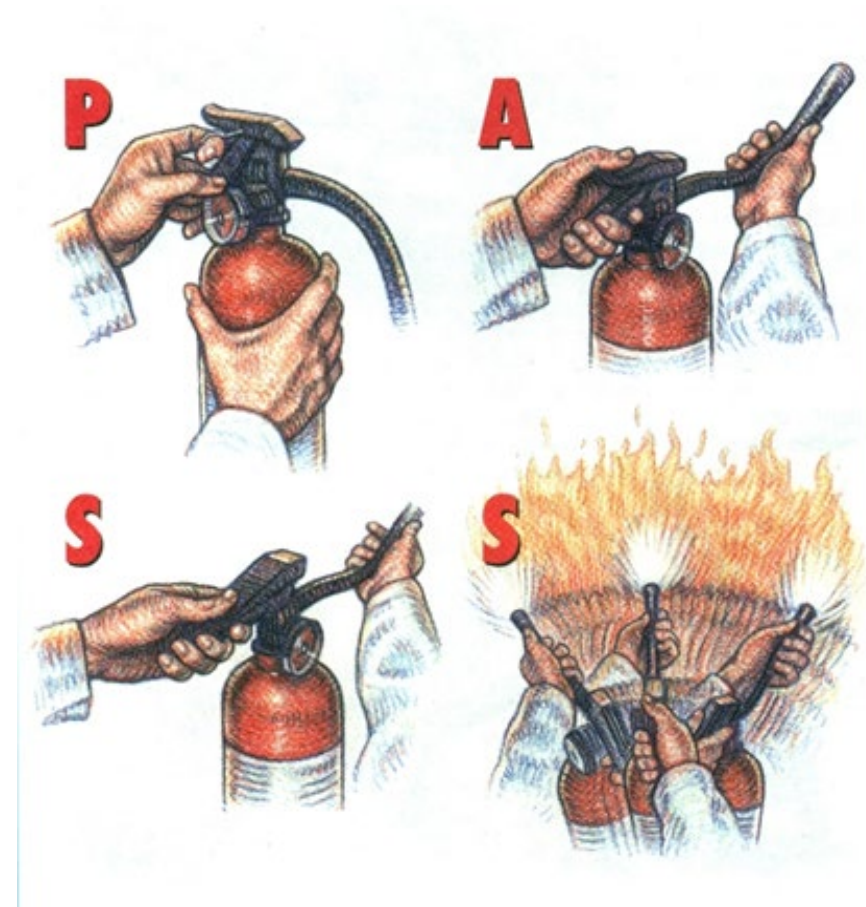
Fire Extinguishers

Portable fire extinguishers are for two things:

- To open exit paths blocked with smoke or fire.
- To put out a fire on a person.

Remember to PASS:

- Pull
- Aim
- Squeeze
- Sweep



Congratulations!

Take and pass the test at the link below and you will have completed this course.

[Safety Test](#)

