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# **SAFETY AND HOUSEKEEPING**



# INFECTION CONTROL

**Infection control is reducing the spread of germs.**

**Hand washing** is the single and most effective way to reduce the spread of germs. Hands should be cleaned after using the bathroom, blowing your nose or sneezing, after handling pets, between client visits, and before preparing and serving food.



# INFECTION CONTROL

## **Exposure to body fluids.**

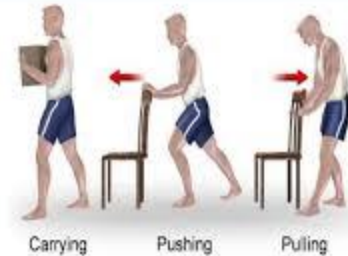
Body fluids such as sputum, vomit, mucus, urine, feces or blood contain germs that make you ill. As a homemaker, you should not be exposed to body fluids in the course of your work. However, if the situation arises where you are exposed to body fluids wash the are immediately with soap and water and rinse thoroughly. Report the situation to your supervisor as soon as possible.



# HOMEMAKER SAFETY

1. Use good body mechanics to prevent injury or back strain.
2. Think about your body's position and posture before you begin to lift.
3. Bend your knees when lifting and keep your back straight.
4. Use strong muscles of your thighs rather than your back to lift.
5. Whenever you can, slide, roll or push the object.

Good Body Mechanics



Good Body mechanics



# IN HOME SAFETY

**When caring for an older person in the home, safety is an important concern.**

- Make sure that there is adequate so that the older person can see clearly.
- Arrange the furniture so that there is enough room to move around easily.
- Extension cords, loose area rugs, and clutter such as piles of magazines or newspapers increase the risk of falls and other injuries.



# IN HOME SAFETY

- Wet floors are slippery and increase the risk of falls. Wipe up spills as they occur.
- If you notice unsafe areas or objects, speak with your client, a family member and your agency about changes to improve safety.
- In the event of household problems such as power outages or breakdowns in appliances or plumbing, first make sure that your client is safe, then call your agency and follow its guidelines.





# HOUSEKEEPING

- **Cleaning products-** many products are available for cleaning various types of surfaces including glass, metal and tile. Carefully read the labels.
- **Protect your face and eyes from splashing** – read instruction and label carefully and follow the direction.
- **Never mix cleaning agents together** – mixing cleaning products together, especially ammonia and chlorine, can produce dangerous toxic fumes.



# HOUSEKEEPING

- **Use cleaning products as directed ONLY.**
- **Housecleaning experts suggest that you clean going from higher to lower** – clean highest places in each room such as the mantle, and when move downward to coffee table level, then the floor.
- **Going from clean to dirty** – start with the cleaner rooms such as the bedroom, den living room and clean bathroom last.



# HOUSEKEEPING

- **The kitchen is a top clean priority** – it is where food is stored and prepared. Food that is placed on a soiled counter or cutting board can be contaminated with germs. It is important to keep those areas clean.



# HOUSEKEEPING

**Trash removal** – empty trash often to prevent odors.

Before inserting a new plastic liner, check to see if the trash container needs washing. If so, wash with hot soapy water and dry. Find out what day trash is picked and have it ready that day.



# HOUSEKEEPING

- **The bathroom is considered the dirtiest area –**  
should be cleaned last. Bathroom provide a moist  
environment for germs and need frequent cleaning.



# HOUSEKEEPING

**Cloth towels that are used to clean bathroom** – should be never used in other areas of the house and should be washed separately. Wash in soapy water with added bleach using the hottest setting of the washer.



# HOUSEKEEPING

- **Storage** - make sure that the cleaning supplies are stored safely, away from children or confused clients. High cabinets or locked cupboards are the safest place to keep them.



# HOUSEKEEPING

**Laundry** - as you prepare to do laundry, read the washing directions provided on clothing labels. Set aside any items that must be dry-cleaned. These cannot be put in the washing machine. Sort the laundry according to fabric type and color.





# HOUSEKEEPING

**Ironing** – clothing is easier to iron when it is damp. Use a spray bottle to lightly dampen the clothing with water before ironing. Be sure to read the care label provided on each article of clothing. Adjust the iron's temperature to match label instructions.



THE END