



Risks In Your Home

At home, and safe



Staircase in disrepair, snow-covered or obstructed walkway, visible mould, etc. These can all pose risks for you and your visitors. How can you ensure that your environment is safe? Your home care service provider can help you.

■ Safety is a priority for your home care service provider. That's why if they notice any risks, they will discuss them with you. To prepare for their visit, you also have responsibilities, such as isolating your pet or making sure that you have placed any used syringes in the yellow container provided for that purpose. If you have guns, put them away safely or ask your home care service provider how you can get rid of them.

To ensure safe access to your home, make sure that:

- the outdoor handrails are in good repair, the steps are uncluttered and cleared of snow and ice in the winter, the steps are covered with a slip-resistant surface
- your mailbox is easily accessible
- the doorsill is not too high
- the street number is visible from the street and well-lit in the evening
- your entrance is well-lit

Keep this in mind!

Are you able to clearly identify the people who come to your door? Do you keep telephones at hand in various rooms? Do you keep a list of emergency numbers accessible and visible?

Safety starts by taking small steps!

Québec 





Precautions that need to be taken...

to ensure your living environment is safe

■ Fire risks

- If you are a smoker, or if you live with someone who smokes, make sure that cigarette butts are always put out properly. Don't smoke in bed.
- Remove any clutter from interior and exterior passageways.
- Don't leave anything on top of or inside your stove.
- Keep chemical and corrosive products far from heat sources.
- Never leave a lit candle unattended. Never use a lit candle to light another one.
- Avoid overloading electrical outlets.
- Avoid placing anything near or up against electric baseboards.
- Check your chimney and your smoke detectors every year. The batteries in your smoke detectors must be changed at least once a year.

■ Risks of chemical or food poisoning

- Regularly check the expiry dates of your food, refrigerated or otherwise. Throw away any food with an expiry date that has passed.
- Check the labels of foods to be sure you are storing them properly (e.g. needs to be refrigerated, away from humidity).
- Don't keep cleaning products near food.
- Bring outdated medication back to the pharmacy.

For additional information

Don't hesitate to contact your home care service provider.

Name: _____

Contact information: _____

**Centre intégré
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