1 ▢ **Chapter 12**

Safety

2 ▢ **Safety**

- ● Safety is a basic need.
- ● Patients and residents are at great risk for accidents and falls.
- ● Common sense and simple safety measures can prevent most accidents.
- ● The goal is to decrease the person's risk of accidents and injuries without limiting mobility and independence.

3 ▢ **A Safe Setting**

ↈ In a safe setting:

ↈ A person has little risk of illness or injury.

ↈ The person is free of hazards to the extent possible.

ↈ The risk of infection, falls, burns, poisoning, and other injuries is low.

ↈ Temperature and noise levels are comfortable.

ↈ Smells are pleasant.

ↈ There is enough room and light to move about safely.

ↈ The person and the person's property are safe from fire and intruders.

ↈ The person is not afraid.

4 ▢

5 ▢ **Accident Risk Factors**

- ● Age

  ↈ Children and older persons are at risk.
- ● Awareness of surroundings

  ↈ The person in a coma relies on others.
- ● Agitated and aggressive behaviors
- ● Vision loss
- ● Hearing loss
- ● Impaired smell and touch
- ● Impaired mobility
- ● Drugs

6 ▢ **Identifying The Person**

- ● You must give the right care to the right person.
- ● The person may receive an identification (ID) bracelet when admitted to the agency.
- ● To identify the person:

ↈ Carefully compare identifying information on the assignment sheet with that on the ID bracelet.

ↈ Use at least 2 identifiers. Follow agency policy.

ↈ Call the person by name when checking the ID bracelet.

ↈ Just calling the person by name is not enough.

7 ▢ **Preventing Burns**

- ● Burns are a leading cause of death among children and older persons.
- ● Common causes include:

ↄ Smoking

ↄ Spilled hot liquids

ↄ Children playing with matches

ↄ Barbecue grills, fireplaces, and stoves

ↄ Electrical items

ↄ Very hot water (hand sinks, tubs, showers)

8 🔲 **Preventing Burns (cont'd)**

● Burn severity depends on water temperature and length of exposure. The person's condition also is a factor.

ↄ Superficial (first-degree) burn—involves the epidermis (top layer of skin).

ↄ Partial-thickness (second-degree) burn—involves the epidermis and dermis.

ↄ Full-thickness (third-degree) burn—the epidermis and dermis, fat, muscle, and bone may be injured or destroyed.

○ↄ

9 🔲 **Preventing Poisoning**

● A poison is any substance harmful to the body when ingested, inhaled, injected, or absorbed through the skin.

ↄ Unintentional—the person takes or gives a substance without intending to cause harm.

ↄ Intentional—the person takes (suicide) or gives (assault or homicide) a substance with the intent to cause harm.

10 🔲 **Preventing Poisoning (cont'd)**

● Lead poisoning

ↄ Lead enters the body through inhalation and/or ingestion.

ↄ Children between the ages of 6 months and 6 years are at risk for lead poisoning.

ↄ Lead can affect almost every body system.

ↄ Signs and symptoms are gradual in onset.

○ↄ They are not always obvious.

● Carbon monoxide poisoning

ↄ Carbon monoxide is a colorless, odorless, and tasteless gas. It is produced by the burning of fuel.

11 🔲 **Preventing Suffocation**

● Suffocation is when breathing stops from the lack of oxygen.

ↄ Death occurs if the person does not start breathing.

● Common causes include:

ↄ Choking

ↄ Drowning

ↄ Inhaling gas or smoke

ↄ Strangulation

ↄ Electrical shock

12 🔲 **Preventing Suffocation (cont'd)**

● Choking

ↄ Foreign bodies can obstruct the airway.

- ✆ Called choking or foreign-body airway obstruction (FBAO)
- ✆ Air cannot pass through the airways into the lungs.
- ✆ The body does not get enough oxygen.
- ✆ It can lead to cardiac arrest.
- ✆ Choking often occurs during eating.
- ✆ Unconscious persons can choke.
  - ✆ Common causes are aspiration of vomitus and the tongue falling back into the airway.

13 ▣ **Preventing Suffocation (cont'd)**

- ● With mild airway obstruction:
  - ✆ Some air moves in and out of the lungs.
  - ✆ The person is conscious.
  - ✆ Usually the person can speak.
  - ✆ Often forceful coughing can remove the object.
  - ✆ Breathing may sound like wheezing between coughs.
  - ✆ You should:
    - ✆ Stay with the person.
    - ✆ Encourage the person to keep coughing to expel the object.
    - ✆ Do not interrupt the person's efforts to clear the airway.
    - ✆ Call for help if the obstruction persists.

14 ▣ **Preventing Suffocation (cont'd)**

- ● With severe airway obstruction:
  - ✆ Air does not move in and out of the lungs.
  - ✆ If able to cough, the cough is of poor quality.
  - ✆ Infants cannot cry.
  - ✆ When the person tries to inhale, there is no noise or a high-pitched noise.
  - ✆ The person may appear pale and cyanotic (bluish color).
  - ✆ The conscious person clutches at the throat (the "universal sign of choking").
  - ✆ The conscious person is very frightened.
  - ✆ If the obstruction is not removed, the person will die.

15 ▣ **Preventing Suffocation (cont'd)**

- ● Relieving choking
  - ✆ Abdominal thrusts are used to relieve severe airway obstruction.
    - ✆ Quick, upward thrusts to the abdomen that force air out of the lungs and create an artificial cough
  - ✆ Abdominal thrusts are not used for very obese persons or pregnant women.
    - ✆ Chest thrusts are used instead.
  - ✆ If you assist a choking person:
    - ✆ Report and record what happened.
    - ✆ Include what you did and the person's response.

16 ▣ **Preventing Equipment Accidents**

- ● All equipment is unsafe if:
  - ✆ Broken
  - ✆ Not used correctly

ↄ Not working properly
- Electrical items must work properly and be in good repair.
- Do not use or give damaged items to patients or residents.
- The Safe Medical Devices Act requires that agencies report equipment-related illnesses, injuries, and deaths.

17 ▣ **Preventing Equipment Accidents (cont'd)**

- Bariatric-safe equipment
    - ↄ Many agencies have bariatric equipment.
        - ↄ This equipment is labeled with "EC" for "expanded capacity."
        - ↄ It is also labeled with the weight limit suggested by the manufacturer.
    - ↄ You must know the weight capacity of the equipment and the person's weight.
        - ↄ Do not use the item if the person's weight is greater than the weight capacity.
        - ↄ Follow the nurse's directions and the care plan.

18 ▣ **Wheelchair Safety**

- Check the wheel locks (brakes).
- Check for flat or loose tires.
- Make sure the wheel spokes are intact.
- Make sure the casters point forward.
- Position the person's feet on the footplates.
- Make sure the person's feet are on the footplates before moving the chair.
- Push the chair forward when transporting the person. Do not pull the chair backward unless going through a doorway.

19 ▣ **Wheelchair Safety (cont'd)**

- Follow the care plan for the number of staff needed to transport the person.
- Lock both wheels before you transfer a person to or from the wheelchair.
- Follow the care plan for keeping the wheels locked when not moving the wheelchair.
- Do not let the person stand on the footplates.
- Do not let the footplates fall back onto the person's legs.
- Make sure the person has needed wheelchair accessories.

20 ▣ **Wheelchair Safety (cont'd)**

- Remove the armrests (if removable) when the person transfers to the bed, toilet, commode, tub, or car.
- Swing front rigging out of the way or detach it for transfers to and from the wheelchair.
- Clean the wheelchair according to agency policy.
- Ask a nurse or physical therapist to show you how to propel wheelchairs up steps and ramps and over curbs.
- Follow safety measures to prevent equipment accidents.

21 ▣ **Stretcher Safety**

- Ask 2 or more co-workers to help you transfer the person to or from the stretcher.
- Lock the stretcher wheels before the transfer.

- Fasten the safety straps when the person is properly positioned on the stretcher.
- Follow the care plan for the number of staff needed to transport the person.
- Raise the side rails. Keep them up during the transport.

22 ▣ **Stretcher Safety (cont'd)**
- Make sure the person's arms, hands, legs, and feet do not dangle through the side rail bars.
- Stand at the head of the stretcher. Your co-worker stands at the foot of the stretcher.
- Move the stretcher feet first.
- Do not leave the person alone.
- Follow the safety measures to prevent equipment accidents.

23 ▣

24 ▣ **Handling Hazardous Substances**
- The Occupational Safety and Health Administration (OSHA) requires that health care employees:
  ೞ Understand the risks of hazardous substances
  ೞ Know how to safely handle them
- Exposure to hazardous substances can occur:
  ೞ Under normal working conditions
  ೞ During certain emergencies

25 ▣ **Handling Hazardous Substances (cont'd)**
- To protect employees, OSHA requires a hazard communication program.
  ೞ The program includes:
    ೞ Container labeling
    ೞ Material safety data sheets (MSDSs)
    ೞ Employee training
  ೞ The agency provides eyewash and total body wash stations in areas where hazardous substances are used.

26 ▣ **Handling Hazardous Substances (cont'd)**
- Labeling
  ೞ All hazardous substance containers need warning labels.
  ೞ Warning labels identify:
    ೞ Physical and health hazards
    ೞ Precaution measures
    ೞ What personal protective equipment to wear
    ೞ How to use the substance safely
    ೞ Storage and disposal information
  ೞ If a warning label is removed or damaged:
    ೞ Do not use the substance.
    ೞ Take the container to the nurse and explain the problem.
    ೞ Do not leave the container unattended.

27 ▣ **Handling Hazardous**

Substances (cont'd)

● Material safety data sheets (MSDS)
  ಞ Every hazardous substance has an MSDS.
  ಞ Employees must have ready access to the MSDS.
  ಞ Check the MSDS before:
    ಞ Using a hazardous substance
    ಞ Cleaning up a leak or spill
    ಞ Disposing of the substance
  ಞ Tell the nurse about a leak or spill right away.
    ಞ Do not leave a leak or spill unattended.
● Your employer provides hazardous substance training.

28 ▣ **Fire Safety**

● The entire health team must prevent fires and act quickly and responsibly during a fire.
● Three things are needed for a fire:
  ಞ A spark or flame
  ಞ A material that will burn
  ಞ Oxygen
● Safety measures are needed where oxygen is used and stored.
● Agencies have no-smoking policies and smoke-free areas.

29 ▣ **Fire Safety (cont'd)**

● Know where to find fire alarms, fire extinguishers, and emergency exits.
● Remember the word RACE:
  ಞ *R* is for rescue.
  ಞ *A* is for alarm.
  ಞ *C* is for confine.
  ಞ *E* is for extinguish.
● Clear equipment from all normal and emergency exits.
● Do not use elevators if there is a fire.
  ಞ

30 ▣ **Fire Safety (cont'd)**

● To use a fire extinguisher, remember the word PASS used by the National Fire Protection Association.
  ಞ *P* (pull the safety pin).
  ಞ *A* (aim low).
  ಞ *S* (squeeze the lever).
  ಞ *S* (sweep back and forth).
● Agencies have evacuation policies and procedures.
  ಞ Patients and residents closest to the fire go out first.

31 ▣ **Disasters**

● A disaster is a sudden catastrophic event.
  ಞ People are injured and killed.
  ಞ Property is destroyed.
● There are natural and human-made disasters.

- Follow agency procedures for disasters that could occur in your area.
- Follow agency procedures for bomb threats if:
  - A caller makes a bomb threat.
  - You find an item that looks or sounds strange.

32 ▫ **Workplace Violence**

- Workplace violence is any violent act directed toward persons at work or while on duty.
- Workplace violence can occur in any place where staff perform work-related duties.
  - It can be a permanent or temporary place.
  - It occurs most often in mental health units, emergency departments, waiting rooms, and geriatric units.

33 ▫ **Workplace Violence (cont'd)**

- According to OSHA, more assaults occur in health care settings than in other industries.
  - Nurses and nursing assistants are at risk. They have the most contact with patients, residents, and visitors.
- OSHA has guidelines for violence-prevention programs.
  - The goal is to prevent or reduce employee exposure to situations that can cause death or injury.

34 ▫ **Risk Management**

- Risk management involves identifying and controlling risks and safety hazards that affect the agency.
- The intent of risk management is to:
  - Protect everyone in the agency.
  - Protect agency property from harm or danger.
  - Protect the person's valuables.
  - Prevent accidents and injuries.

35 ▫ **Risk Management (cont'd)**

- Risk managers
  - Work with all agency departments
  - Look for patterns and trends in incident reports, patient and resident complaints (patients, residents, staff), and accident and injury investigations
  - Look for and correct unsafe situations
  - Make procedure changes and training recommendations as needed
- The person's belongings must be kept safe.
  - A personal belongings list is completed.
  - A valuables envelope is used for jewelry and money.
  - Personal items kept at the bedside are listed in the person's record.

36 ▫ **Risk Management (cont'd)**

- Report accidents and errors at once. This includes:
  - Accidents involving patients, residents, visitors, or staff
  - Errors in care
    - Giving the wrong care
    - Giving care to the wrong person

ᨑ Not giving care
ᨑ Broken or lost items owned by the person
ᨑ Lost money or clothing
ᨑ Hazardous substance incidents
ᨑ Workplace violence incidents
ᨑ An incident report is completed as soon as possible after the incident.