The goal is to keep home care workers safe by promoting safety awareness. Home care presents many unique hazards. The following information and tips can help to keep you safer.

Home Care Safety

**Protect yourself.**

* **Drive safely.**
  + Avoid distractions while driving.
  + Practice defensive driving.
  + Attend safe driver training.
* **Move and handle patients safely.**
  + Assess the patient’s abilities.
  + Determine the best and safest procedure for moving the patient.
  + Get the assistance you need.
* **Walk safely.**
  + Beware of wet floors.
  + Avoid tripping on cords, furniture, and carpet.
  + Wear slip-resistant shoes.
* **Approach pets safely.**
  + Make sure that pets are properly secured before entering a patient’s yard and home.