

# Make your home safe for care workers

## Why your home needs to be safe for care workers

Under the *Workers Compensation Act*, all workers have the right to a safe workplace. It's up to you to ensure that your home is a safe and healthy place where your care workers can assist you to remain at home.

This information can help you prepare your home for every visit by care workers. Making your home safe for your care workers can help ensure your safety too.

## Top causes of care worker injuries

- Helping clients move
- Falls
- Aggressive behaviour

## Make sure your home is ready each time your care workers visit

### Outside your home

- Keep the driveway, sidewalks, entrances, stairs, and ramps well lit and free of ice, snow, moss, or clutter.
- Make sure stairs have handrails.
- Provide parking as close to your home as possible.

### Inside your home

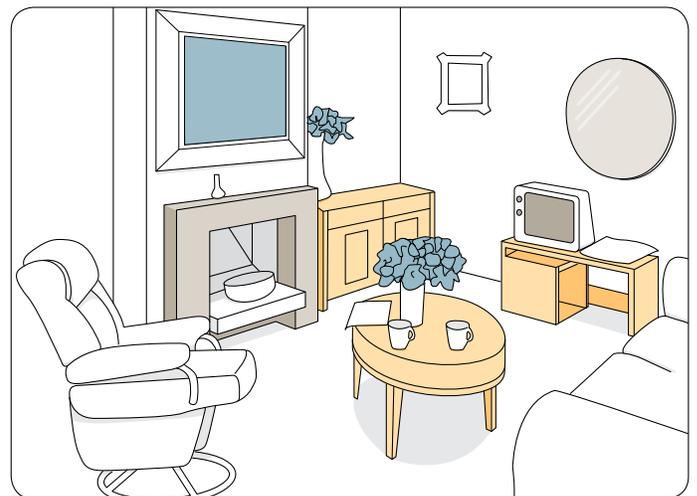
- Ensure that floors are not slippery. Remove area rugs that may pose a slipping or tripping hazard.
- Keep hallways, stairs, and other walking areas clear of clutter.
- Make sure your care workers can walk around three sides of your bed.

### Smoking, alcohol, and drugs

- Don't smoke for at least one hour before, and during, the visit.
- Do not drink alcohol or use street drugs before or during the visit. The use of such substances is prohibited.

### Pets

- Keep pets away from where care is being provided (preferably locked in a separate room).



## Family and visitors

- Let your care workers know if there is anyone else in your home.

## Needles

- Activate the safety features on any needle that you use.
- Dispose of used needles in a puncture-resistant container.

## Guns and other weapons

- Tell your care workers if you have guns or other weapons in your home. Make sure all weapons are stored safely.

## Treat your care workers with respect

Sometimes you may not agree with your care workers. It is not acceptable to yell or swear at, threaten, hit, or grab your care workers. If your care workers feel threatened or unsafe, they will leave your home and call the care agency.

Your care workers have a limited amount of time to provide a given service. Any additional work you want done must be approved by the care agency.

## Help care workers avoid strain injuries

Your care workers are more likely to be injured if you need help with toileting, bathing, dressing, or getting in and out of bed or a chair.

You may need to get equipment and/or clothing that will help care workers assist you without hurting you or themselves. Your health care team will tell you more about what is required.

## Examples of equipment

- A hospital bed
- An overhead lift for the bed
- Grab bars in the bathroom
- A raised toilet seat
- A bath transfer bench and/or a hand-held shower head



## Examples of adaptive clothing

- Back-opening nightgowns, shirts, and dresses
- Side-opening pants

## For more information

If you have any questions or concerns about this information, contact your care agency. The agency may have additional requirements not outlined in this leaflet. If so, the agency will review them with you. If you have concerns with your care workers or the services provided, contact the agency.

If you have questions about your responsibilities for your care workers' health and safety, call the WorkSafeBC Prevention Information Line at 1.888.621.7233.