

Safety Tips from VNACHCH Employees

June is National Safety Month. We asked our employees what some safety tips that they recommend to their patients or members of our community.

Here are some of their tips to help keep our community safe:

- Stay hydrated - drink plenty of water and freeze fruit to eat as a snack on a hot day.
- Protect your skin from sun damage – wear sunscreen, avoid being outdoors during peak sun hours, wear a hat and sunglasses.
- Make sure someone knows where you are going and when you're expected to be home.
- Don't let the gas in your car get lower than 1/4 full. You never know when you'll get lost or stuck in traffic, and you don't want to run out of gas.
- Keep a phone charger in your purse or car. If you have an emergency, you don't want to be stuck with no way to call for help.
- As we are staying at home more, we are moving less. This decrease in activity can increase our risk for a fall. Committing to a few simple, daily exercises increases muscle strength and improves balance, ultimately lowering the risk for a fall. VNA Community Healthcare & Hospice's website has videos to support this effort.



Safety Tips from VNACHCH Employees

- As we age, our body's ability for blood pressure to change and accommodate position changes can become a bit slower. Try to get into the habit of counting to five before moving on when you change positions, especially going from sitting to standing. This habit will lower your risk for a fall.
- When going for a walk, jog, or bike ride, wear bright colors or lights and do not wear headphones. It is important that drivers can see you coming and that you can see and hear them coming to avoid an accident.
- Make it non-slip: bathtubs, showers, as well as floors in kitchen and bathrooms, and porches can become extremely dangerous when wet. Use non-slip mats to prevent falls on slick surfaces. Remove throw rugs – they can cause slips, trips and falls.
- Wear cotton clothing, use a misting fan in the car and cool towels around your neck to keep from overheating in hot weather.
- Keep your feet clean and dry, and trim your toenails regularly. Never try to treat serious foot problems at home- call your doctor or podiatrist.
- Wear comfortable walking shoes with a firm sole that doesn't slip. Don't wear shoes with heels higher than an inch, slippers, or flip-flops. These shoes can cause you to slip, trip or fall.
- Limit your time walking barefoot, even at home, and don't wear only socks or stockings that can cause you to slip.



Turn to us:
753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 1.866.474.5230