

Dear Caregiver,

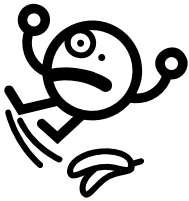


We appreciate your hard work and understand that it keeps you very busy. So busy that sometimes you may forget fundamental safety work practices. We made this safety insert especially for you so that you can refresh, learn and work safely without taking your time away from patient care.

Topic: **Watching *your* STEP!**

Watch for: (report to HCC)

- Missing, broken or loose: steps, railings, tiles, carpet
- Items left on steps
- Turned up rug edges
- Inadequate lighting



Always:

- Keep items in their proper place after use
- Keep cabinets and drawers closed
- Keep areas being cleaned closed off
- Keep cords out of walkways
- Clean up spills immediately
- Use railings when climbing stairs
- Wear non-skid shoes
- Step around obstructions
- Wear pants that do not obstruct foot
- movement (i.e. long baggy pants)



Never:

- Run, always walk
- Lean back on the chair when sitting

As a caregiver we forget to provide care for ourselves. Take time to be aware of your work environment to avoid slips, trips and falls. If you need more information please contact our safety specialists at safetyhasitsrewards@carewestinsurance.com.

Sincerely,
Care West Team

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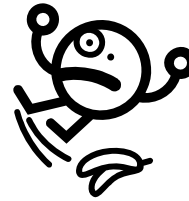


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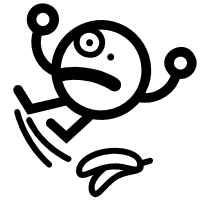


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