# Community Safety Checklist

To maintain my safety when travelling and working in the Community **I give consideration** to the following. **Note:** This should be read / used in conjunction with the Safe Practice and Environment Policy.

## Safe Driving

* allowing enough time to get to appointments
* knowing where I am going
* safe use of mobile phone in car
* securing loads appropriately
* car maintained in good condition
* ample fuel
* manage long distances and fatigue
* consider my own health and suitability to drive – including alcohol and drug use
* Belong to YYY roadside assist

## Access / Egress

* Parking
* Crossing the road
* Dogs and other animals
* Stairs
* Integrity of wooden porches and stairs
* Identify alternative exit

## Internal Environment

* Trip hazards
* Cleanliness of furniture, floor and surfaces
* Smells – smoke, urine
* Position of sitting for assessment
* Is the area appropriate for the service being delivered

## Use of Electrical Equipment

* Electrical appliances are in good condition and “tagged”
* Use of an individual circuit breaker
* Integrity of power points

## Lifting / Handling /Ergonomics

* Use equipment suppliers to deliver large items
* Use safe lifting and carrying techniques
* Consider type of bags used for transporting equipment
* Consider sitting position for assessment – use of dining table compared to lounge
* Adjust car seat appropriately

## Psychosocial

* Who will be at the appointment?
* Have any behavioural or mental health issues been identified?
* Do I feel comfortable / safe entering the house?
* How will I orchestrate my “get-a-way” if I feel unsafe?
* Does anyone know where I am?

## Things I Do To Maintain My Safety

* Carry mobile phone at all times
* Carry company business card & some form of picture identification
* Have “find my location” activated on my phone and appoint someone to have it on theirs
* Share my diary with a second person
* Know and be prepared to follow the ‘Possible High Risk Community Situation – Emergency Exit’ procedures from the *Safe Practice & Environment Policy & Procedures*
* if any danger suspected
* Carry and use antibacterial hand wash
* Carry a second phone battery or car charger
* Carry a high vis vest in the boot of the car - to be used in case of car breakdown
* Carry a first aid kit in the car
* Carry a change of clothes in the car
* Carry a 2 litre bottle of water in the car
* Carry sunhat and sunscreen in the car
* Maintain appropriate vaccinations including flu shots
* Belong to YYY roadside assist