Record Form | ***Safety Awareness Functional Evaluation (SAFE)***

Identifying Information

Name _____ ID # _____ Rm # _____

Age _____ BD _____ Gender _____ Primary Language _____

Education _____ Occupation(s) _____

Physician _____ Examiner(s) _____

Test Dates _____ Other Important Dates _____

History

Hospital _____ Date of Admission _____ Insurance _____

Status Prior to Admission _____

Primary Medical Dx (code) _____

Secondary Medical Dx (code) _____

Rehabilitation Dxs (codes) _____

Mental Status _____

Handedness _____ Paralysis _____

Family _____

Other Pertinent Information _____

Evaluation Summary

	Evaluation	Re-evaluation
	Date ___/___/___	Date ___/___/___
	% Correct	% Correct
Subtest 1: Room / Bedroom and Bathroom		
Room and Bathroom – Hospital ***Wh-* and *How* Questions**		
Bedroom and Bathroom – Home ***Why* Questions**		
Bedroom and Bathroom – Home ***What would you do . . .* Questions**		
Subtest 2: Wheelchairs and Assistive Devices		
Wheelchairs and Assistive Devices – Hospital and Home ***Wh-* and *How* Questions**		
Wheelchairs and Assistive Devices – Home and Community ***Why* Questions**		
Wheelchairs and Assistive Devices – Home and Community ***What would you do . . .* Questions**		

Evaluation Summary, *continued*

	Evaluation	Re-evaluation
	Date ___/___/___	Date ___/___/___
	% Correct	% Correct
Subtest 3: Swallowing and Diet		
Swallowing and Diet – Hospital, Home, and Community ***Wh-* and *How* Questions**		
Swallowing and Diet – Hospital, Home, and Community ***Why* Questions**		
Swallowing and Diet – Hospital, Home, and Community ***What would you do . . .* Questions**		
Subtest 4: Medications and Health		
Medications and Health – Home and Community ***Why* Questions**		
Medications and Health – Home and Community ***What would you do . . .* Questions**		
Subtest 5: Floors and Stairs		
Floors and Stairs – General Precautions ***Why* Questions**		
Floors and Stairs – General Precautions ***What would you do . . .* Questions**		
Subtest 6: Kitchen and Appliances		
Kitchen and Appliances – General Precautions ***Why* Questions**		
Kitchen and Appliances – General Precautions ***What would you do . . .* Questions**		
Subtest 7: Home Safety		
Home Safety – General Precautions ***Why* Questions**		
Home Safety – General Precautions ***What would you do . . .* Questions**		
Subtest 8: Community – Outside		
Community – Outside ***Why* Questions**		
Community – Outside ***What would you do . . .* Questions**		
Subtest 9: Community – Inside		
Community – Inside ***Why* Questions**		
Community – Inside ***What would you do . . .* Questions**		
Subtest 10: General Precautions		
General Precautions – Home and Community ***Why* Questions**		
General Precautions – Home and Community ***What would you do . . .* Questions**		

Subtest 1: Room / Bedroom and Bathroom

Room and Bathroom – Hospital ***Wh-* and *How* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What does your bed have to prevent you from accidentally falling out?	+	–	+	–
2. How do you call the nurse from your bed?	+	–	+	–
3. How would you get the nurse's attention if you needed help immediately and no one was responding to your call button (bell)?	+	–	+	–
4. What could happen if you were in the bathroom and stepped on a wet spot?	+	–	+	–
5. How would you get help if you were in the bathroom and having some trouble?	+	–	+	–
See pages 38–42 for therapy items. **% correct**				

Subtest 1: Room / Bedroom and Bathroom

Bedroom and Bathroom – Home ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. If you were home, why would you want to have a telephone within reach of your stronger arm (hand) when you are in bed?	+	–	+	–
2. Why would you want to have a night-light in your bedroom or bathroom at home?	+	–	+	–
3. Why could it be helpful to have grab bars (safety bars) installed around the bathtub, shower, and toilet at home?	+	–	+	–
4. Why is it important to have a smoke alarm near your bedroom?	+	–	+	–
5. Why should a smoker not smoke in bed?	+	–	+	–
See pages 38–42 for therapy items. **% correct**				

Subtest 1: Room / Bedroom and Bathroom

Bedroom and Bathroom – Home ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you noticed that an electrical cord or appliance was near water in the sink or bathtub?	+	–	+	–
2. What would you do if you had to get up from bed in the middle of the night and the electricity was out?	+	–	+	–
3. What would you do if you heard strange sounds at night, as though someone was trying to get into your home while you were in your bedroom?	+	–	+	–
4. What would you do if you smelled smoke in your home?	+	–	+	–
5. What would you do if you woke up in the middle of the night with severe chest pains or difficulty breathing?	+	–	+	–
See pages 38–42 for therapy items. **% correct**				

Subtest 2: Wheelchairs and Assistive Devices

Wheelchairs and Assistive Devices – Hospital and Home ***Wh-* and *How* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What does your wheelchair have to stop your chair from rolling?				
2. What are two important times when you should make sure your wheelchair brakes are locked?				
3. Where should your hands and arms be when someone else is moving or pushing your wheelchair?				
4. Where should your feet be when you stand up from your wheelchair?				
5. How do you turn your wheelchair around?				
See pages 43–49 for therapy items. **% correct**				

Subtest 2: Wheelchairs and Assistive Devices

Wheelchairs and Assistive Devices – Home and Community ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. If you were home, why would you want to keep your wheelchair (walker, cane) in good condition?	+	–	+	–
2. Why could it be helpful to sit in a chair that has arms?	+	–	+	–
3. Why should you look (reach) behind you before you sit down?	+	–	+	–
4. At home, why is it better for you to sit in a firm chair instead of a soft couch (sofa)?	+	–	+	–
5. Why could it be important to have assistance getting into and out of a car?	+	–	+	–
See pages 43–49 for therapy items. **% correct**				

Subtest 2: Wheelchairs and Assistive Devices

Wheelchairs and Assistive Devices – Home and Community ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you were in your wheelchair and needed to go up some stairs in a building? *alternate*: What would you do if you came to some stairs that were unsafe for you to climb with your cane (walker)?	+	–	+	–
2. What would you do if you wanted to go outside your home and the sidewalk or ground was uneven?	+	–	+	–
3. What would you do if your wheelchair accidentally tipped over? *alternate:* What would you do if you were walking with your cane (walker) and fell down?	+	–	+	–
4. What would you do if you came to a high street curb that did not have an incline or a ramp?	+	–	+	–
5. What would you do if you wanted to get your wheelchair (walker) into or out of a vehicle?	+	–	+	–
See pages 43–49 for therapy items. **% correct**				

Subtest 3: Swallowing and Diet

Swallowing and Diet – Hospital, Home, and Community ***Wh-* and *How* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What does it mean to have dysphagia or a swallowing problem?	+	–	+	–
2. What is aspiration, and what are two signs (symptoms, indications) you are aspirating?	+	–	+	–
3. What is the common gesture (universal sign) to show you are choking or having difficulty swallowing or breathing?	+	–	+	–
4. If you have weak muscles in your jaw, lips, or tongue, how could that affect your swallowing?	+	–	+	–
5. How could swallowing problems affect the amount of food you eat and your nutrition?	+	–	+	–
See page 50–53 for therapy items. **% correct**				

Subtest 3: Swallowing and Diet

Swallowing and Diet – Hospital, Home, and Community ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why should you sit upright when you eat or drink something?	+	–	+	–
2. Why is it dangerous to eat or drink very fast?	+	–	+	–
3. Why is it important to cut up your meat into small pieces to eat? *alternate*: Why is it important to take small bites of food that you can chew easily?	+	–	+	–
4. Why could it be dangerous to try to eat or drink something when you are very sleepy?	+	–	+	–
5. If you have trouble swallowing, why is it important not to eat your meals alone?	+	–	+	–
See page 50–53 for therapy items. **% correct**				

Subtest 3: Swallowing and Diet

Swallowing and Diet – Hospital, Home, and Community ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if someone at home needs to help feed you and the person isn't sure of the safest procedures?	+	–	+	–
2. What would you do if you were at home and very hungry, but you could not find any food you wanted that was a safe texture for you to eat?	+	–	+	–
3. What would you do if you were at a friend's home for dinner and some of the meal had textures you might have trouble swallowing?	+	–	+	–
4. What would you do if you were at a restaurant and started to choke and could not breathe?	+	–	+	–
5. What would you do if you were by yourself at home and started to choke and could not breathe?	+	–	+	–
See page 50–53 for therapy items. **% correct**				

Subtest 4: Medications and Health

Medications and Health – Home and Community ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why would you want a family member or close friend to have information about your medications (pills)?	+	–	+	–
2. Why do you need to check the label of every medication before you take it?	+	–	+	–
3. Why do you need to keep track of the medications (pills) you take daily?	+	–	+	–
4. Why do you keep your medications (pills) in their bottles or in a pill case until you take them?	+	–	+	–
5. Why should a person not drink alcohol with medications (pills)?	+	–	+	–
See pages 54–88 for therapy items. **% correct**				

Subtest 4: Medications and Health

Medications and Health – Home and Community ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you were home alone and suddenly became very ill?	+	–	+	–
2. What would you do if you felt that your prescription medication was affecting your balance when you walk?	+	–	+	–
3. What would you do if you thought you might have taken the wrong medication or an overdose of one of your medications?	+	–	+	–
4. What would you do if you became ill after taking a new medication?	+	–	+	–
5. What would you do if you needed to contact your doctor and only got the doctor's answering service?	+	–	+	–
See pages 54–88 for therapy items. **% correct**				

Subtest 5: Floors and Stairs

Floors and Stairs – General Precautions ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. If you had trouble walking or keeping your balance, why would you want to have all of the throw rugs picked up off the floors in your home? *alternate*: For your wheelchair (walker, cane), why would you want to have all of the throw rugs picked up off the floors of your home?	+	–	+	–
2. Why would you want to clean up any spilled liquid on the floor right away?	+	–	+	–
3. If you had difficulty with your balance, why would you want to have something sturdy to hold on to if you have to pick up something from the floor?	+	–	+	–
4. Why would you want to have a handrail to hold onto when you walk up and down steps (stairs)? *alternate*: Why would you want furniture in your home to be farther apart than the width of your wheelchair?	+	–	+	–
5. Why would you want to keep steps (stairs) clear of objects?	+	–	+	–
See pages 89–91 for therapy items. **% correct**				

Subtest 5: Floors and Stairs

Floors and Stairs – General Precautions ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if an area on your floor or carpet was dangerously worn or damaged?	+	–	+	–
2. What would you do if there were electrical cords stretched out on a floor in your home?	+	–	+	–
3. What would you do if there were toys or other items on stairs you needed to climb?	+	–	+	–
4. What would you do if you had difficulty walking or keeping your balance and the sidewalk you were on was very crowded with people? *alternate*: What would you do if a home or building did not have a ramp for your wheelchair (walker)?	+	–	+	–
5. What would you do if you were in a supermarket and the aisle you wanted to get something from was crowded with other people's shopping carts?	+	–	+	–
See pages 89–91 for therapy items. **% correct**				

Subtest 6: Kitchen and Appliances

Kitchen and Appliances – General Precautions ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why must you be careful to turn a stove burner completely off?	+	–	+	–
2. Why would you not leave the kitchen when something is cooking on the stove?	+	–	+	–
3. Why is it dangerous to eat cooked food that has been stored in your refrigerator for longer than a week?	+	–	+	–
4. Why is it dangerous to overload an electrical socket?	+	–	+	–
5. Why do you keep the lint filter in the clothes dryer clean?	+	–	+	–
See pages 92–96 for therapy items. **% correct**				

Subtest 6: Kitchen and Appliances

Kitchen and Appliances – General Precautions ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you noticed an electrical cord was frayed or the insulation was damaged?	+	–	+	–
2. What would you do if you discovered you had left a gas burner on but unlit?	+	–	+	–
3. What would you do if something in a frying pan caught fire on the stove?	+	–	+	–
4. What would you do if you could not get a piece of bread out of the toaster?	+	–	+	–
5. What would you do if an electric area (space) heater you were using caught fire?	+	–	+	–
See pages 92–96 for therapy items. **% correct**				

Subtest 7: Home Safety

Home Safety – General Precautions ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why do you not open your door to strangers?	+	–	+	–
2. Why would you want to have at least two ways available to enter or exit your home?	+	–	+	–
3. Why do you keep a space heater away from paper or cloth?	+	–	+	–
4. Why would you never leave a car running inside a garage?	+	–	+	–
5. Why do you make sure the doors and windows are locked at night before you go to bed?	+	–	+	–
See pages 97–129 for therapy items. **% correct**				

Subtest 7: Home Safety

Home Safety – General Precautions ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you did not have a family member or friend who could check on you every day?	+	–	+	–
2. What is the emergency telephone number? What would you do if you had trouble speaking but you needed to get help through the emergency number?	+	–	+	–
3. What would you do if you came home and discovered the front door was open?	+	–	+	–
4. What would you do if you thought you had a prowler outside your home?	+	–	+	–
5. What would you do to make your home as safe and secure as possible?	+	–	+	–
See pages 97–129 for therapy items. **% correct**				

Subtest 8: Community – Outside

Community – Outside ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why should you keep some personal identification on you whenever you leave your home?	+	–	+	–
2. Why is it important to tell someone who lives with you where you are going and when you are likely to return whenever you leave home?	+	–	+	–
3. Why is it important to walk in well-lit areas at night?	+	–	+	–
4. Why is it important to cross the street at an intersection?	+	–	+	–
5. Why do you need adequate (enough) time to get across a street intersection?	+	–	+	–
See pages 130–140 for therapy items. **% correct**				

Subtest 8: Community – Outside

Community – Outside ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you were crossing a street and the traffic signal changed before you could get to the other side?	+	–	+	–
2. What would you do if you were grocery shopping and had difficulty carrying your bags?	+	–	+	–
3. What would you do if someone tried to steal your purse (wallet)?	+	–	+	–
4. What would you do if it was very stormy weather and you had difficulty keeping your balance, but you had to do some walking to get to an appointment?	+	–	+	–
5. What would you do if you got home and noticed that your wallet was missing?	+	–	+	–
See pages 130–140 for therapy items. **% correct**				

Subtest 9: Community – Inside

Community – Inside ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. If you were having difficulty with your balance or walking, why might it be helpful to avoid very crowded stores during holidays? *alternate:* Why do you try to prevent your wheelchair (walker, cane) from hitting or running into another person?	+	–	+	–
2. In a restaurant, why is it important to sit in a chair or booth that is easy for you to get into and out of?	+	–	+	–
3. Why is it important not to lean on a display shelf in a store?	+	–	+	–
4. Why are some stores easier to get around in than others?	+	–	+	–
5. Why is it important to wash your hands before you leave a restroom?	+	–	+	–
See pages 141–143 for therapy items. **% correct**				

Subtest 9: Community – Inside

Community – Inside ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. If you were out shopping in your community, what would you do if you needed assistance opening a door?	+	–	+	–
2. What would you do if you got very tired while you were shopping in a store?	+	–	+	–
3. What would you do if you could not get something down from an upper shelf in a store?	+	–	+	–
4. What would you do if you were in a restaurant and suddenly felt very ill (chest pain, difficulty breathing, nausea)?	+	–	+	–
5. What would you do if you were in a public restroom and needed help?	+	–	+	–
See pages 141–143 for therapy items. **% correct**				

Subtest 10: General Precautions

General Precautions – Home and Community ***Why* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. Why is it dangerous to stand up on a stepladder and then lean out to get something?	+	–	+	–
2. Why should you never swim alone?	+	–	+	–
3. Why could it be dangerous to give your telephone number to a stranger?	+	–	+	–
4. Why could it be dangerous to carry a large amount of money with you?	+	–	+	–
5. Why could it be dangerous to go to an ATM (automatic teller machine) after dark?	+	–	+	–
See pages 144–171 for therapy items. **% correct**				

Subtest 10: General Precautions

General Precautions – Home and Community ***What would you do . . .* Questions**	**Evaluation** Date ___/___/___		**Re-evaluation** Date ___/___/___	
1. What would you do if you were home alone and started having difficulty breathing?	+	–	+	–
2. What would you do if you locked yourself out of your home?	+	–	+	–
3. What would you do if you had an allergic reaction to a bee sting or an insect bite?	+	–	+	–
4. What would you do if it were very cold outside and you could not find a coat that would keep you warm?	+	–	+	–
5. What would you do if a stranger followed you home?	+	–	+	–
See pages 144–171 for therapy items. **% correct**				

In the Hospital

Often the first areas of safety concern for a patient are the hospital bed, room, and bathroom. Numerous safety concerns may be apparent soon after the patient is admitted to the room, and these concerns may be used as important areas of therapy. When the patient is ambulatory or mobile with a wheelchair, additional areas of the hospital are accessible and have safety concerns. A focus on in-hospital safety for the patient may help the nursing staff appreciate the functional tasks you are working on and possibly prevent injury to the patient.

In the Hospital Patient's Room

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What do you use to call the nurse from your bed?
2. What color is the button you push on your call button?
3. How do you turn on the light over your bed?
4. What do you do to get the head of your bed raised?
5. What does your bed have to prevent you from accidentally falling out?
6. How do you get more blankets if you are cold?
7. How would you let the nurse know that the patient sharing your room with you is having trouble and needs help?
8. What does your room have that allows you to have some privacy?
9. What do you do to get the foot of your bed raised?
10. Where is the light for your bed?
11. What could be a problem if you have a short cord or chain for turning on the light over your bed?
12. Where is the light switch for your room?
13. What is (are) the name(s) of your roommate(s)?
14. What could happen if you could not reach the call button for the nurse?
15. How would you deal with a roommate who made you upset or angry?
16. How could you tell a nurse that you are in pain?
17. What could happen if a glass vase fell off a roll-away table?
18. What could happen if you stepped on a wet spot on the floor of your room?
19. What could happen if your wheelchair (walker, cane) was across the room from your bed and you tried to get to it without help?

20. What could happen if you left the closet door or drawers open?
21. What could happen if you left your shoes out in the middle of the floor?
22. What could happen if your walker (wheelchair) blocked the doorway into your room?
23. What could happen if you put items too close to the edge of the table?
24. What could happen if some of your blankets fell onto the floor? *(You could trip on them when trying to stand up.)*
25. Who would you tell if you thought your roommate was in trouble or needed help?
26. What could happen if your sheets were wet or soiled for a long time before they were changed?
27. What could happen if you needed assistance to get up and did not wait for someone to help you?
28. How would you get a nurse's attention if you needed help immediately and no one was responding to your call button (bell)?

In the Hospital Patient's Bathroom

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Where is the bathroom?
2. What could happen if you entered a dark bathroom?
3. Where is the light switch for the bathroom?
4. What could happen if you were in the bathroom and stepped on a wet spot?
5. Which faucet is for hot water on a sink (basin), the left or right faucet?
6. What color on the faucet means it is hot water?
7. How do you know if the water from the faucet is too hot?
8. How do you get the water from the faucet to be just the right temperature?
9. What could happen if you did not keep your toothbrush and toothpaste in a clean area?
10. What could happen if you did not keep your dentures in a clean area?
11. How would you get help if you were in the bathroom and having some trouble?
12. What could happen if you needed assistance in the bathroom and did not wait for someone to help you?
13. What could happen if you did not use the safety bar when you tried to get up from the toilet?
14. What are you supposed to do to your hands when you finish going to the bathroom?
15. What could happen if you left paper towels lying on the floor of the bathroom?

In the Hospital Hallways

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What should you do before you step through the door of your room into the hall?
   (Look left and right to see if anyone is coming.)
2. What could happen if you did not look both ways before you stepped into a hallway?
3. What could happen if you tried to walk fast in a hallway?
4. What could happen if you lost your balance while walking down the middle of the hall?
5. What could happen if someone was pushing a loaded cart toward you and the person could not see you?
6. What could happen if someone spilled a pitcher of water in a hallway?
7. What do the yellow cones mean when they are set in the middle of a hallway?

In the Hospital Nurses' Station and Medication Cart

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Where is the nurses' station from your room?
2. What is the purpose of the chain (bar, door) into the nurses' station?
3. What could happen if you stood in the entryway into the nurses' station?
4. What things around the nurses' station could be dangerous to you?
5. What could happen if you picked up some medicine that is for another patient and you swallowed it?
6. What could happen if you tried to pull something out of the trash can (wastebasket) near the nurses' station?
7. What could happen if you took some papers off of the counter at the nurses' station?
8. What kinds of things may be dangerous for you to pick up off a nurse's medication cart?
9. What could happen if you started to talk to a nurse while she was measuring medication for a patient?
10. What could happen if you accidentally bumped into a nurse while she was measuring some medication?

In the Hospital – Preparing to Go Home

When the patient is going to be discharged home or to a lower level of care, you need to help prepare the patient to manage the numerous safety concerns in the environment beyond what the person may have experienced or had to manage in the hospital. The person's home bedroom and bathroom may be two of the first areas that need to be addressed.

In the Hospital Preparing to Go Home

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to have a telephone in your bedroom at home?
2. Why would it be helpful to have a bed that is accessible from three sides?
3. Why is it important to have your bed arranged so that you can get into and out of it easily?
4. Why should you keep clutter away from the area around your bed?
5. Why would you want to have a lamp on your side of the bed?
6. Why could it be helpful to have a flashlight within reach of your bed?
7. Why should you change bed sheets regularly?
8. Why should you turn on the light when you enter the bathroom?
9. Why is it helpful to have a night-light near the toilet in your bathroom?
10. Why would it be helpful to have a safety (grab) bar in your shower or bath?
11. Why would you not want to have any glass bottles in the shower or bath?
12. Why would you not want any sharp edges in the bathroom? *(Most falls at home occur in the bathroom; sharp edges increase the risk of injury.)*
13. Why do you keep the floor dry in the bathroom?
14. Why do you keep the toilet and sink clean?
15. Why do you keep towels hung up and off of the floor in the bathroom?
16. Why should you step onto a nonskid mat when you get out of the shower?
17. Why should towel racks and shower curtain rods be mounted securely to the wall?
18. Why should glass doors and bathtub enclosures be made of safety glass? *(so they don't break easily; if they do break, no sharp pieces of glass)*

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your bedroom at home was not wired for a telephone, but you would be in your bed for a few days (weeks) after returning home?
2. What would you do if your bed was not easily accessible from three sides?
3. What would you do if your bed was not arranged for you to get in and out of it easily?
4. What would you do if your lamp by your bed was not bright enough for you to read easily?
5. What would you do if the batteries in your flashlight were getting low?
6. What would you do if you realized that it had been more than two weeks since you last changed the sheets on your bed?
7. What would you do if it got very cold in the middle of the night and you did not have enough blankets on your bed?
8. What would you do if your electric blanket caught fire?
9. What would you do if you walked into the bathroom and found water all over the floor?
10. What would you do if the toilet was stopped up and water was flowing onto the floor?
11. What would you do if you noticed an electrical cord or appliance was getting near water in the sink or bathtub?
12. What would you do if your bathtub (shower) did not have a safety (grab) bar?
13. What would you do if you needed to sit down while taking a shower or bath? *(Buy a shower or bathtub stool.)*
14. What would you do if someone in your family kept leaving bath towels on the floor?
15. What would you do if the toilet would not flush?
16. What would you do if you did not have a nonskid mat to step onto when you get out of the shower?
17. What would you do if you got soap in your eyes in the shower and you thought you might lose your balance and fall?

Wheelchairs and Assistive Devices

Patients who must use wheelchairs or assistive devices have numerous safety risks to consider in the hospital, at home, and in the community. SLPs can be an important asset to PTs and OTs by focusing part of their therapy on helping patients become aware of risks and find ways to minimize and problem-solve the risks.

Wheelchairs and Assistive Devices | Wheelchairs

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Where should your feet be when you stand up from your wheelchair?
2. What does your wheelchair have to stop it from rolling (moving)?
3. What must you lock to be safe before you get into or out of your wheelchair?
4. What can happen if you get your fingers caught in the spokes of your wheelchair?
5. What do you need to do with the footrests on your wheelchair before you stand up?
6. What is the seat belt used for on your wheelchair?
7. What could happen if you leaned too far forward while you were in your wheelchair?
8. What could happen if the armrests on your wheelchair were not properly secured?
9. What could happen if your hands were on top of the armrests when someone was pushing you up to the dining room table?
10. What could happen if you stopped your wheelchair in the entrance to the nurses' station?
11. What does your wheelchair have to support your head when you ride in a bus or van?
12. What is used to make your chair secure (stable) when you ride in a bus or van?
13. What would happen if your wheelchair did not have footrests? *(Your feet or legs could swell, develop foot drop, or become deformed.)*
14. What could happen if you sat in your wheelchair without moving for more than two hours at a time? *(pressure sores, contractures, leg swelling)*

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to have the right size wheelchair for you?
2. Why do you keep your wheelchair near your bed?
3. Why do you lock your brakes before you get into or out of your wheelchair?
4. Why do you support your hands on the armrests when you stand up?
5. Why do you need to keep your hands on your armrests or lap when someone is pushing you?
6. Why do you not lean all of your weight over the side of the wheelchair?
7. Why should you tell someone when you begin to slide down in your wheelchair?
8. Why do you need to be careful not to run into someone with your wheelchair?
9. Why should you move at a safe speed in a hallway?
10. Why should you steer clear of large carts as you move down the hallway?
11. Why should you tell a nurse that your wheelchair is wet or needs to be cleaned?
12. Why is it important to wait for someone to help you if you need assistance to transfer from your bed to your wheelchair?

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you thought your wheelchair was not the right size for you or was not adjusted well for you?
2. What would you do if your wheelchair was too far from your bed for you to be able to get into it?
3. What would you do if you needed help getting into or out of your wheelchair?
4. What would you do if your arms or hands were too weak to support you well when you wanted to get into or out of your wheelchair?
5. What would you do if you got a new wheelchair and it was not properly adjusted for you?

6. What would you do if you could not get the footrests up when you were trying to get into or out of your wheelchair?
7. What would you do if your brakes were not completely locked before you tried to get into or out of your wheelchair?
8. What would you do if you began to stand up and remembered that you had forgotten to lock your brakes?
9. What would you do if you accidentally began to fall out of your wheelchair?
10. What would you do if your feet became swollen while you sat in your wheelchair?
11. What would you do if your backside became sore after you sat in your wheelchair?
12. What would you do if someone started pushing your wheelchair from behind and you were not completely ready?
13. What would you do if you were leaning forward in your wheelchair and thought you might fall out?
14. What would you do if you felt you were going to tip over in your wheelchair?
15. What would you do if you began sliding down in your wheelchair and could not get yourself straightened up?
16. What would you do if you needed help to transfer from your bed to your wheelchair, and no one was around to help you?
17. What would you do if you realized you might run into someone with your wheelchair?
18. What would you do if your wheelchair got wet or soiled?
19. What would you do if your wheelchair headrest was not in place before you got on a bus?
20. What would you do if the bus driver did not fasten your wheelchair securely?
21. What would you do if you realized you had been sitting in your wheelchair for over two hours?

Wheelchairs and Assistive Devices | Walkers

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What could happen if you don't open your walker completely before you start walking with it?
2. What could happen if you don't pick up your walker before you go over a threshold (over a lump in the carpet, crack in the sidewalk)?
3. What could happen if your walker rolls in front of you faster than you can keep up with it?

4. What could happen if your walker pulls to one side or the other? *(harder to keep it going straight)*

5. What could happen if your walker is not kept in good condition? *(may not roll easily, causing you to get tired using it; could break and collapse, injuring you seriously)*

6. What could happen if you walk with a walker that is not the right size for you? *(may lose your balance easily and fall; will have to bend over too far; may injure your back)*

Wheelchairs and Assistive Devices — Walkers

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you want to have a walker that is the right size for you?

2. Why should you pick up your walker to go across a threshold (over a lump in the carpet, over a crack in the sidewalk)?

3. Why should you make sure your walker is in good condition?

4. Why do you need to fully open your walker before you walk with it?

5. Why could a four-wheeled walker get away from you more easily than a two-wheeled walker?

Wheelchairs and Assistive Devices — Walkers

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you started walking with your walker and realized it was not fully opened?

2. What would you do with your walker if you came to a door threshold (lump in the carpet, crack in the sidewalk)?

3. What would you do if your walker was not the right size for you?

4. What would you do if your walker needed repairs?

5. What would you do if your walker tended to roll faster than you could keep up with it? *(Switch to a walker with rear legs that have stoppers.)*

6. What would you do if your walker pulled to the left or right as you walked?

Wheelchairs and Assistive Devices — Canes

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important for your cane to have a rubber tip?
2. Why is it important for your cane to be the right length for you?
3. Why is it important to keep your cane near you at all times?
4. Why should you avoid gravel or loose dirt when you walk with your cane?

Wheelchairs and Assistive Devices — Power Chairs and Scooters

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What does your power chair (scooter) have to prevent you from falling out?
2. How do you stop your power chair (scooter)?
3. When would you normally charge up the battery in your power chair (scooter)?
4. How can you make sure your power supply for your power chair (scooter) is fully charged?
5. What are three safety rules about using your power chair (scooter)? *(Be aware of your surroundings; adjust your speed accordingly; when outside, follow the same safety rules as a bicycle rider.)*
6. What is something you may want to carry with you whenever you are out in your power chair (scooter)? *(identification, cell phone)*
7. What kind of maintenance or service does your power chair (scooter) require?
8. How would you get your power chair (scooter) home if it broke down while you were out in the community?
9. How can you prevent your power chair (scooter) from tipping over?
10. What could happen if you did not look behind you before you started backing up in your power chair (scooter)?
11. What could happen if you hit some furniture with your power chair (scooter)?

12. What could happen if you let someone ride with you on your power chair (scooter)? *(burn out motor, instability of chair [scooter])*

13. What could happen if you left your power chair (scooter) out in the rain?

14. What could happen if you didn't have a place or way to get your power chair (scooter) inside your home (out of the weather)?

15. What could happen if you were out in your power chair (scooter) and it started to rain?

16. What could happen if you ran into a wall with your power chair (scooter)?

17. What could happen if you got really angry with someone and tried to hit him with your power chair (scooter)?

18. What could happen if you didn't have your power chair (scooter) strapped down on a bus?

Wheelchairs and Assistive Devices | Power Chairs and Scooters

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to use the seat belt when you are in your power chair (scooter)?

2. Why do you need footrests while you sit in your power chair (scooter)?

3. Why is it important to be careful when you make a turn in your power chair (scooter)?

4. Why would you not give someone else a ride on your power chair (scooter)? *(burn out motor, instability of chair [scooter])*

5. Why should you avoid hitting furniture with your power chair (scooter)?

6. Why should you look behind you before you back up in your power chair (scooter)?

7. Why is it helpful to carry a "reacher" (grabber) when you are in your power chair (scooter)?

8. Why should you turn off the power switch on your power chair (scooter) when you are not on it? *(may touch the "joystick" or control accidentally, causing the chair [scooter] to move unintentionally)*

9. Why would you want to have a light jacket with you whenever you are out in the community in your power chair (scooter)?

10. Why should you tell someone where you are going when you leave your home in your power chair (scooter)?

11. Why should you not get too close to the edges of a sidewalk or flat surface while are in your power chair (scooter)?

12. Why should you travel slowly in your power chair (scooter) indoors?

13. Why would you not leave your power chair (scooter) out in the rain?

14. When you ride a bus, why do you need a headrest on your power chair (scooter)?

15. When you ride a bus, why does your power chair (scooter) need to be strapped down?

Wheelchairs and Assistive Devices | Power Chairs and Scooters

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you started moving in your power chair (scooter) and realized you didn't have your seat belt on?

2. What would you do if saw you were going to run into some furniture with your power chair (scooter)?

3. What would you do if you couldn't look behind you before you backed up in your power chair (scooter)? *(Ask if there is anybody behind you; honk the horn/beeper.)*

4. What would you do if you were approaching people too fast in your power chair (scooter)?

5. What would you do if you came up behind someone and wanted to get around her?

6. What would you do if you were out in the community and your power chair (scooter) battery started to die?

7. What would you do if your power chair (scooter) started to tip over?

8. What would you do if your power chair (scooter) fell over on top of you? *(Yell to get attention; call for help if you have a cell phone.)*

9. What would you do if you wanted to cross a street when you were in your power chair (scooter) but you couldn't find a curb that had a cutout (grade)?

10. What would you do if you were out in the community and your power chair (scooter) got a flat tire?

11. What would you do if something you were carrying fell off your power chair (scooter)?

Swallowing and Diet

Many hospital patients have swallowing problems and diet precautions. Beyond learning the mechanics of safe swallowing procedures, these patients may benefit significantly from therapy focusing on awareness of their problems, why certain environments or situations pose additional risks, and what they can do to manage themselves when the therapist or nursing staff is not immediately present. A patient discharged from the hospital needs to be able to problem-solve and advocate for himself in order to have the safest, most enjoyable meals.

Swallowing and Diet Hospital

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. How can you tell if you are having difficulty swallowing?
2. How can you tell if someone else is having difficulty swallowing?
3. What does the word *aspiration* mean to you?
4. In what situations are you most likely to have difficulty swallowing?
5. How would you show someone you were choking if you could not speak?
6. Who would you tell if you started having difficulty swallowing foods or liquids?
7. Who would you tell if you thought that you were not getting enough liquids to drink?
8. How could eating foods with mixed textures (soups, stews, salads, etc.) cause you difficulty chewing and swallowing?
9. How can you season your food if you are on a salt-free diet? *(salt substitute, lemon or lime juice)*
10. What kind of meat could you ask for if you were on a low-cholesterol or low-fat diet? *(turkey, chicken, fish)*
11. What should you always do before you start to eat your meal? *(Wash your hands and sit up at 90° before eating.)*

Swallowing and Diet Hospital

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you always wash your hands and sit up at a 90° angle before you eat or drink anything?

2. Why should you not talk at the same time you chew or swallow?
3. Why is it important to concentrate while you chew and swallow?
4. Why is it important to do the exercises and use the techniques for swallowing that you were taught?
5. Why is it important to keep the inside of your mouth clean between meals?
6. Why is it important to have dentures that fit well?
7. Why is it important to take small sips of liquids and small bites of food?
8. Why could taking bites of food that are too large be harmful to you?
9. Why is it important to chew your food thoroughly before you try to swallow it?
10. Why is it important not to lie down for 30 (45, 60) minutes after you finish a meal? *(to prevent regurgitating and/or heartburn)*

Swallowing and Diet Hospital

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your food was too hot to eat safely?
2. What would you do if you were supposed to be getting nectar-thick liquids, but thin (regular) liquids came with your meal?
3. What would you do if you were lactose intolerant and someone gave you a grilled-cheese sandwich for lunch?
4. What would you do if you were lactose intolerant and wanted cream with your coffee?
5. What would you do if you were on a no-added-salt (NAS) diet and a regular salt shaker came with your meal?
6. What would you do if you were on a renal diet and you were served a cheese sandwich for lunch?
7. What would you do if you were on a low-cholesterol diet and you were given real bacon and eggs for breakfast?
8. What would you do if you were served a piece of chicken that was not quite done?
9. What would you do if you were served a tuna salad for dinner but you were allergic to seafood?
10. What would you do if you were served a piece of meat that was too tough for you to cut or chew?
11. What would you do if your hot meal was served to you on a very hot plate?

12. What would you do if you had just finished your meal and someone offered to lay you down in your bed?

13. What would you do if someone tried to carry on a conversation with you while you were eating?

14. What would you do if you wanted to season your food but you were on a salt-free diet?

15. What would you do if you wanted some meat but you were on a low-cholesterol or low-fat diet?

16. What would you do if you noticed your gums were bleeding after you brushed your teeth?

17. What would you do if you were getting pieces of food stuck in your cheek while you were eating?

18. What would you do if you were a diabetic on a no-concentrated-sweets diet (NCS) and a piece of cake was served with your meal?

19. What would you do if the nurse tried to give you thin liquids to take your pills, but thickened liquids had been prescribed/recommended for you?

Swallowing and Diet — Home and Community

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you started choking on your own saliva between meals?

2. What would you do if you could not drink any liquids without coughing?

3. What would you do if you felt one or both sides of your mouth were getting weak?

4. What would you do if you suddenly started having difficulty chewing your food?

5. What would you do if you noticed that your nose ran only when you were eating or drinking?

6. What would you do if you noticed your eyes often got watery or teary only when you were eating or drinking?

7. What would you do if you started taking longer to start or finish a swallow?

8. What would you do if you noticed that your voice sounded wet or “gurgly” after you ate or drank something?

9. What would you do if you noticed a pain in your upper chest after you swallowed some food or liquid?

10. What would you do if you noticed that your dentures were getting loose and slipping while you were eating?

11. What would you do if you started feeling dizzy while you were eating or drinking something?

12. What would you do if you were beginning to lose weight without really trying to lose it?

13. What would you do if you suddenly felt very hot, as if you had a fever?

14. What would you do if you went to someone's home for dinner and the main course was something you were allergic to?

15. What would you do if you were uncertain if some food prepared for you contained something that you are highly allergic to?

16. What would you do if you noticed your gums were bleeding after you brushed your teeth?

17. What would you do if you noticed pieces of food were getting stuck in your cheek while you were eating?

18. What would you do if you started having difficulty swallowing solid food?

19. What would you do if you suddenly broke a tooth while you were eating?

20. What would you do if you noticed your dentures were getting loose and had made a sore in your mouth?

21. What would you do if you noticed you kept biting your cheek when you chewed your food?

22. What would you do if you were served food that was the wrong texture for you?

23. What would you do if your food felt like it was stuck after you swallowed it?

24. What would you do if you noticed a change in your appetite?

25. What would you do if you were on a special-needs diet and someone invited you to dinner?

26. What would you do if a friend invited you to a restaurant and you didn't know if the restaurant served appropriate foods for you?

27. What would you do if you needed to adapt some foods offered on a restaurant menu to meet your special needs?

Medications and Health

While a patient is in the hospital, the nursing staff manages the patient's medications; however, many patients are discharged from the hospital with a regime of medications. The patient's safety and compliance with medications may determine whether he can live independently. Preparing patients to recognize risks, understand why they may occur, and problem-solve situations related to their medications may help keep them healthy and out of the hospital. Additionally, individuals need to become increasingly aware of general and specific health concerns that may be exacerbated by the cause of their recent hospital stay.

Medications and Health — General Precautions

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. How do you keep your medicines dry and clean?
2. What is the best way for you to keep track of your medicines?
3. How could you make sure that you are keeping your medicines in a safe place?
4. How can you keep track of whether your immunizations (tetanus, flu, etc.) are up to date?
5. How could you keep medicines away from children?
6. How would you find a new primary care doctor if you move to a new town?
7. How could you alert people that you have a medical condition which emergency doctors (personnel) need to know about?
8. How can you find out if your insurance will cover the cost of a new prescription?
9. How can you find out if you are a good candidate for a pneumonia shot?
10. What medicines should you not take before you are going to drive? *(anything that may make you drowsy or sleepy)*

Medications and Health — General Precautions

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to have a primary care doctor?
2. At home, why do you need a list of medicines that you take?
3. Why should you keep your pills and tablets dry?

4. Why should you keep your medicines in their bottles or pill cases until you take them?
5. Why should you keep your medicines out of direct sunlight?
6. Why should you not take expired medicine?
7. Why should you keep medicine out of the reach of children?
8. Why should you not throw medicine away by putting it in the trash?
9. Why should you keep the lids tight on your medicines?
10. Why is it important to read the label of every medicine before you take it?
11. Why is it important to wash your hands just before you take your medicine?
12. Why should you make certain you have your glasses on before you take your medicine?
13. Why would you want to have good lighting in the room when you take your medicine?
14. Why should you talk to your pharmacist about mixing prescription medicines with over-the-counter medicines, herbal supplements, or nutritional supplements?
15. Why should you not take anyone else's prescription medicine even though you have a similar problem?
16. Why would you want to check your supply of medicines before you go on a trip?
17. Why would you want to be certain you packed your medicines before you go on a trip?
18. Why would you want to keep medicine in your carry-on bag when you fly on a plane?
19. Why would you want to get an annual flu shot?
20. Why is it important to keep your immunizations (tetanus, flu, etc.) up to date?
21. Why is it important to dispose of syringe needles properly?
22. Why is it important to use soap when you wash your hands?
23. Why would you wear a MedicAlert bracelet?
24. Why should you tell your doctor and pharmacist about any medicinal herbs you are taking?
25. Why is it important to read the labels on over-the-counter medicines carefully?
26. Why is it important to understand the label on a prescription with regard to dosage and frequency for taking the medicine?
27. Why do you need to plan carefully if you are buying medicine from a mail-order pharmacy?
28. Why is it important to inform your dentist of any medicine you are currently taking?
29. Why is it important to inform your dentist of any allergies you may have?
30. Why is it important to ask a pharmacist to explain a label you don't understand for an over-the-counter medicine?
31. Why should you not mix alcohol with prescription or over-the-counter medicine?

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your doctor prescribed a new medication and you could not remember it?
2. What would you do if you could not clearly read the label on a prescription?
3. What would you do if you could not find your glasses and you needed to read the label on a medicine bottle?
4. What would you do if you thought your medicine might have been contaminated with something?
5. What would you do if you noticed that the medicine you were going to take had passed its expiration date?
6. What would you do if a family member or friend offered to give you a sample of a prescription medicine he is taking for a problem similar to the one you are having?
7. What would you do if someone offered you an alcoholic drink after you took some medicine?
8. What would you do if a nurse tried to give you thin liquids to take your pills, but thickened liquids had been prescribed/recommended for you?
9. What would you do if someone offered to crush or break up a tablet that is too large for you to swallow before the person checked with a nurse?
10. What would you do if you wanted to make sure you took your medications with you on a trip?
11. What would you do if you could not get a childproof lid off of a medicine bottle?
12. What would you do if you could not get a bottle lid back on tightly?
13. What would you do if you forgot to take one dose of your medicine? *(Check with your doctor or pharmacist. In some cases, it is appropriate to double up on the next dose [e.g., birth control pills], but in others, it can lead to toxic effects.)*
14. What would you do if you forgot to take your medicine for a couple of days? *(Check with your doctor or pharmacist. In most cases, restarting the medicine according to the previous directions will be appropriate, but in some cases, it is not.)*
15. What would you do if you could not remember if you had taken your medicine? *(Take the next dose at the regularly scheduled time rather than risk taking a double dose. If you have this problem often, speak to your pharmacist about a compliance aid to help you keep track of your medications.)*
16. What would you do if you thought you took an overdose of one of your medications?

17. What would you do if you took a medicine that made you drowsy, but you needed to drive your car to an important appointment? *(Call a friend or relative to drive you to your appointment; if this is not possible, reschedule.)*

18. What would you do if you were on a weekend trip and realized you left your prescription medicine at home? *(Contact a pharmacist in the area to see about obtaining an emergency supply. If you use a chain pharmacy, this situation will usually not be a problem if the chain has a store in the area. Otherwise you may need to visit an urgent care center or emergency room to obtain a prescription to be filled locally.)*

19. What would you do if you did not have a primary care doctor? *(Call a local hospital or public health service and explain your need.)*

20. What would you do if you saw that you were down to the last few doses of your medicine?

21. What would you do if you spilled your pills into the sink and they got wet? *(Call your pharmacist. Exposing your medications to water may damage a tablet or capsule and make it less effective or reliable. Your pharmacist can determine whether you should replace the medicine and also deal with the insurance company to get the replacement covered.)*

22. What would you do if you ran out of your prescription on a Saturday and the pharmacy could not get the doctor's approval for refilling until Monday? *(Get an emergency supply from your pharmacist to tide you over until the doctor can approve a refill.)*

23. What would you do if you thought a child got into your medicine? *(Call your pharmacist, a pediatrician, or a poison control center immediately.)*

24. What would you do if you thought you might have accidentally given your child an overdose of his medicine?

25. What would you do if you thought a child took some of your pet's medicine?

26. What would you do if you noticed some of the side effects your pharmacist advised you about with a new medicine? *(If they become worse or last much longer than the pharmacist had advised, call the pharmacist or your doctor.)*

27. What would you do if a close friend asked you if she could try using one of your prescription medications? *(Say, "No." Your medications may not be appropriate for the person and may cause serious side effects or complications.)*

28. What would you do if a newly refilled prescription that you have taken before suddenly came in a different form, shape, or color? *(Speak to the pharmacist to verify that you received the proper medicine. Frequently the appearance of drugs, especially if it is a generic product, changes due to the various manufacturers of the medicine. Never take a medicine if you don't know why you are taking it or you cannot identify it.)*

29. What would you do if a pill you needed to take was too large to swallow easily? *(Talk to your pharmacist. Many pills can be split or broken, but in some cases, as with extended or controlled release products, breaking or splitting the pill will result in the medicine not working properly. In these cases, the pharmacist may be able to suggest an alternative drug or liquid form to your doctor.)*

30. What would you do if you were going to buy a new over-the-counter drug and you were already taking a prescription medicine? *(Speak to the pharmacist to avoid any potential drug interactions or adverse effects.)*

31. What would you do if you wanted to have a flu shot but were uncertain if you should? *(Speak to your doctor or pharmacist; let the person know if you have had an allergic or other reaction to previous immunizations; also inform the person if you have any allergies to foods or medicines.)*

32. What would you do if a medication you took regularly suddenly gave you a rash? *(Stop taking the medicine and call your doctor or pharmacist immediately. Some allergic reactions develop over time or you may be reacting to some other allergen. In some cases, different manufacturers use different filler agents [the non-active part of the tablet or capsule] and you may be reacting to one of those ingredients.)*

33. What would you do if you were allergic to some medication? *(Inform any health-care provider of all allergies you are aware of. Repeat this information as often as necessary. Make sure your pharmacist and your family are aware of your medication allergies. If you have severe allergies, obtain a medical bracelet/necklace via MedicAlert or another source and wear it.)*

34. What would you do if someone tried to give you a medicine you had never seen before? *(Talk to your doctor or pharmacist about it.)*

35. What would you do if your doctor prescribed a new medicine for you and you had questions about what it is used for? *(Talk to your doctor or pharmacist about it.)*

Medications and Health — Cerebral Vascular Accident

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What symptoms did you have when you had your stroke?

2. What are the warning signs of stroke? *(sudden confusion; trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden, severe headache with no known cause; sudden numbness or weakness of the face, arm, or leg, especially on one side of the body; sudden trouble walking; dizziness; loss of balance or coordination)*

3. How does smoking increase the chance of having a stroke? *(damages walls of blood vessels; increases accumulation of fatty deposits; constricts blood vessels, which raises blood pressure)*

4. How can high blood pressure (hypertension) increase the chance of having a stroke? *(damages walls of arteries, causing atherosclerosis or arteriosclerosis, which increase the risk of cerebral hemorrhage)*

5. What is considered being overweight? *(20% or more over your ideal body weight)*

6. How can being overweight increase the chance of having a stroke? *(makes the heart work harder to pump blood through the hundreds of miles of small blood vessels to nourish the additional fatty tissue; too much fat raises the bad cholesterol level; increases blood pressure; increases the risk of adult-onset diabetes)*

7. What are some uncontrollable risk factors for a stroke? *(family history of early stroke; being age 45 years or older for men, 55 years or older for women; being male)*

8. What are some other risk factors for stroke? *(diabetes, heart disease, smoking, drug abuse, prior stroke, transient ischemic attack [TIA])*

9. What can you do to decrease the risk of a stroke? *(Stop smoking, treat high blood pressure, reduce salt intake, reduce fat and cholesterol intake, reduce caffeine, lose weight, and exercise regularly.)*

10. What could happen if you don't take your blood pressure or cholesterol medication when you are feeling well?

11. How could you check your blood pressure at home on a regular basis?

Medications and Health | Cerebral Vascular Accident

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you see a doctor immediately if you have any warning signs of a stroke?

2. Why should you be more cautious and aware of signs of a stroke if you have already had a stroke?

3. Why would you want to wear an identification tag or bracelet if you have had a stroke?

4. Why should you register with MedicAlert if you have had a stroke or heart attack? *(to have all pertinent identification and medical information in an international computer database for easy and rapid access to medical personnel)*

5. Why is it important to remember the symptoms you had when you had your stroke? (*If you have similar symptoms, you will know to get medical care immediately.)*

6. Why is it important to know many of the warning signs of stroke? *(Symptoms can vary among different people or even in the same person at different times; knowing many of the warning signs can alert you to subtle indications you may be having a stroke.)*

7. Why is it important to be aware of your risk factors for a stroke? *(The more risk factors you have, the higher the possibility of having a stroke or heart attack.)*

8. Why is it important to decrease your risk factors for a stroke? *(Some risk factors for stroke are controllable by the person, such as smoking, high blood pressure, high blood cholesterol, lack of physical activity, being overweight, and stress. Decreasing controllable risk factors decreases the likelihood of a stroke.)*

9. Why is it important to take your blood pressure and/or cholesterol medication on a regular basis, even when you are feeling well? *(High blood pressure and cholesterol typically have few, if any, symptoms until a person experiences a stroke or heart attack. Taking prescribed blood pressure and cholesterol medication, even when feeling well, can prevent strokes and heart attacks.)*

10. Why is it important to check your blood pressure at home on a regular basis if you are taking blood pressure medication? *(You can help detect if your blood pressure is unusually high and you need to make an appointment to see your doctor.)*

11. Why is it important to manage your blood pressure carefully if you have had a stroke? *(Monitoring and maintaining your blood pressure within normal range can help prevent hemorrhagic strokes.)*

12. Why is it important to immediately call 911 and follow their advice if you think you are having a stroke? *(Emergency medical services can be sent to you immediately; following the advice [e.g., unlock your door so the paramedics can get in, sit quietly in a comfortable chair while you wait for their arrival] can help increase your chances of survival.)*

Medications and Health | Cerebral Vascular Accident

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you thought you were having a stroke? *(Call 911; get to an emergency room immediately.)*

2. What would you do if you had the following risk factors for stroke?

   - family history of early stroke *(Inform your doctor; have a complete physical annually.)*
   - diabetes *(Check blood sugar levels regularly per your doctor. Maintain recommended blood sugar levels using the methods prescribed by the doctor. Inform your doctor if your blood sugar levels are abnormally high or low or cannot be controlled with your current program.)*
   - heart disease *(Follow all medical advice to help prevent further disease [heart attacks]; be aware of the relationship between heart disease and stroke.)*
   - smoking *(Follow the medical advice to stop smoking.)*

- drug abuse *(Openly discuss drug use with your doctor and follow all recommendations.)*
- prior stroke *(Monitor and appropriately manage all other risk factors; have regular physicals and checkups; seek medical help immediately if there is any indication of a new stroke.)*
- transient ischemic attacks (TIAs) *(same as above)*

3. What would you do if your doctor advised you to stop smoking? *(Stop immediately; learn about programs that can help you stop smoking and enroll in a program if necessary.)*

4. What would you do if your doctor advised you to lower your blood pressure? *(Learn all you can about the risks of high blood pressure; carefully follow all of the doctor's recommendations; get a home blood pressure monitor.)*

5. What would you do if your doctor advised you to reduce your salt intake? *(Learn about the effects of salt on blood pressure; follow the recommendations about how to reduce salt intake.)*

6. What would you do if your doctor advised you to reduce your fat and cholesterol intake? *(Learn the effects of high fat and cholesterol diets. Learn ways to reduce their intake. Monitor your intake of fat and cholesterol; reduce your intake to the amount recommended by your doctor.)*

7. What would you do if your doctor advised you to reduce your caffeine intake? *(Learn the effects of caffeine on your body; learn the variety of liquids and foods that have caffeine, such as coffee, tea, soft drinks, and chocolate; monitor the amount of caffeine you consume each day; decrease your caffeine consumption to levels recommended by your doctor.)*

8. What would you do if your doctor advised you to lose weight? *(Learn the effects of extra weight on the body; have your doctor determine your ideal body weight; learn how to reduce weight through diet and exercise; follow a recommended program for weight loss.)*

9. What would you do if your doctor advised you to exercise regularly? *(Learn the beneficial effects of regular exercise; discuss an exercise program with your doctor; follow the recommended exercise program.)*

Medications and Health | Heart Attack

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What are some symptoms that you are possibly having a heart attack? *(chest pain or pressure ranging from discomfort to an unbearable, crushing sensation; pain that goes away and comes back; pain that is not relieved by rest or changing position; pain spreading to the shoulder, back, arm, or jaw; trouble breathing or shortness of breath; breathing faster than normal; pulse faster or slower than normal; pulse irregular; overall weakness; dizziness, lightheadedness, nausea, or vomiting; vague discomfort; dull, aching sensation; unusual amount of sweating; skin color pale, grayish, or bluish; denial of the seriousness of the signals; vague feeling of "impending doom")*

2. What are some controllable risk factors for a heart attack? *(smoking, high blood pressure, high cholesterol, lack of physical activity, being overweight, diabetes, stress)*

3. What is the number-one controllable risk factor for heart disease? *(smoking)*

4. How does smoking increase heart disease? *(damages walls of blood vessels; increases accumulation of fatty deposits; constricts blood vessels, which raises blood pressure and makes the heart work harder)*

5. How can high blood pressure (hypertension) increase heart disease? *(damages walls of arteries, causing atherosclerosis or arteriosclerosis; damages kidneys, eyes, and other organs)*

6. How can being overweight increase heart disease? *(makes heart work harder to pump blood through the hundreds of miles of small blood vessels to nourish the additional fatty tissue; too much fat raises the bad cholesterol level; increases blood pressure; increases the risk of adult-onset diabetes)*

7. How can lack of physical activity increase heart disease? *(Body weight increases; the heart has to work harder during normal activity; lack of physical activity raises blood pressure while exercise reduces it.)*

8. What are some uncontrollable risk factors for a heart attack? *(family history of early heart disease; being age 45 years or older for men, 55 years or older for women; being male; race and ethnicity – Native Americans and African-Americans have a higher percentage of heart disease than other populations.)*

9. What can you do to decrease the risk of a heart attack? *(Stop smoking, treat high blood pressure, reduce salt intake, reduce fat and cholesterol intake, reduce caffeine, lose weight, and exercise regularly.)*

Medications and Health Heart Attack

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you have a complete physical every year?

2. Why should you follow your doctor's orders?

3. Why should you and your spouse learn cardiac and post-surgical precautions?

4. Why should you inform your doctor if dizziness or discomfort persists?

5. Why should you not check your pulse at your neck? *(If you press too firmly for too long, you may affect blood circulation to your brain.)*

6. Why should you not smoke?

7. Why would you want to do aerobic exercise? *(makes cardiovascular system run more efficiently)*
8. Why should you take it easy when you feel short of breath?
9. Why should you avoid eating heavy meals?
10. Why should you avoid foods high in cholesterol?
11. Why should you eat foods rich in vitamins and minerals?
12. Why would you avoid doing heavy work or walking a long distance after eating?
13. Why would you pace yourself to get a job done or to walk a long distance?

Medications and Health Heart Attack

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you thought you were having a heart attack? *(Call 911; get to an emergency room immediately.)*
2. What would you do if you thought someone else was having a heart attack? *(See question 1.)*
3. What would you do if you were experiencing one of the following symptoms? *(See question 1.)*
   - chest pains
   - pressure ranging from discomfort to an unbearable, crushing sensation in your chest
   - pain in your chest that goes away and comes back
   - pain in your chest that is not relieved by rest or changing position
   - pain spreading to your shoulder, back, arm, or jaw
   - trouble breathing or shortness of breath
   - breathing faster than normal for no apparent reason
   - pulse is faster or slower than normal for no apparent reason
   - pulse is irregular
   - weak all over your body
   - dizzy for no apparent reason
   - vague sensation of “impending doom”
   - sweating an unusual amount for no apparent reason
   - skin color becomes pale, grayish, or bluish

4. What would you do if you had symptoms of a heart attack but began telling yourself it couldn't be happening to you? *(See question 1.)*

5. What would you do if you had the following risk factors for a heart attack?

   - smoking *(Stop immediately; learn about programs that can help you stop smoking and enroll in a program if necessary.)*
   - high blood pressure *(Check your blood pressure at home between visits to your doctor to help detect if your blood pressure is unusually high and you need to make an appointment to see your doctor.)*
   - lack of physical exercise *(Learn the beneficial effects of regular exercise; discuss an exercise program with your doctor; follow the recommended exercise program.)*
   - being overweight *(Learn the effects of extra weight on your body; have your doctor help determine your ideal body weight. Learn how to reduce weight through diet and exercise; follow the recommended program for weight loss.)*
   - diabetes mellitus *(Check your blood sugar levels regularly as prescribed by your doctor. Maintain recommended blood sugar levels using the methods prescribed by your doctor. Inform your doctor if your blood sugar levels are abnormally high or low or cannot be controlled on your current program.)*
   - an unusual amount of stress *(Use relaxation exercises, such as deep breathing. Think about things you enjoy; find humor in things and laugh a lot. Exercise regularly and eat a balanced diet. Get a massage. Get seven or eight hours of sleep every night. Avoid drugs and alcohol. Spend more time with family and friends who support you; talk over problems with people who support you.)*

Medications and Health Hypertension

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What steps can you take to lower your blood pressure? Short term? Long term? *(Take medication regularly, eat properly, limit salt intake, control weight, and exercise regularly.)*

2. What is generally considered normal blood pressure? *(120/80)*

3. What tends to cause you stress that can raise your blood pressure?

4. What makes you angry?

5. What do you do when you start getting angry and recognize your blood pressure is going up?

Medications and Health Hypertension

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you limit the amount of salt you eat?
2. Why should you monitor your blood pressure?
3. Why do you need to know what your blood pressure numbers mean?
4. Why should you consult your doctor if your blood pressure is high?
5. Why should you avoid getting upset?
6. Why should you learn to relax when your blood pressure is high?

Medications and Health Hypertension

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you took your blood pressure and it was unusually high?
2. What would you do if you felt your blood pressure medication was making you dizzy?
3. What would you do if you could not remember if you took your blood pressure medication?

Medications and Health Asthma

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: Ask whether the person has asthma, how severe it is, and how it is treated.

1. What are some general symptoms of asthma? *(coughing, wheezing, difficulty breathing, tightness in the chest)*
2. How can you tell if you are starting to have an asthma attack? *(extreme difficulty breathing, bluish lips and nails, severe breathlessness, increased pulse rate, sweating, severe coughing)*

3. What can you do to make breathing easier if you are having an asthma attack? *(Stay calm. Sit in a chair and lean slightly forward, resting on your hands or elbows. Go into the bathroom, shut the door, and turn on the hot water in the shower to breathe the moist air; use your inhaler or medicine if needed. If nothing brings relief, go to a hospital emergency room.)*

4. What outside temperatures tend to cause asthma attacks? *(cold)*

5. What seasons of the year tend to cause more asthma attacks? *(cold, allergy, and flu seasons)*

6. What seems to trigger an asthma attack for you?

7. What effect does exercise have on your asthma?

8. What effect does stomach acid backing up (reflux) into your esophagus have on your asthma? *(may cause asthma symptoms in some people)*

9. What is the most dangerous thing you can do when you feel you can't breathe? *(Panic; it uses up oxygen.)*

10. What side effects do you need to be aware of with inhalers (bronchial dilators)? *(rapid heart rate, anxiousness, sleeplessness*)

Medications and Health Asthma

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. Why should you avoid dusty areas if you have asthma?

2. Why would you avoid going from very cold to very hot temperatures rapidly or from very warm to very cold temperatures rapidly? *(could precipitate an asthma attack)*

3. Why should you be careful of physical exercise if you have asthma?

4. Why should you avoid smoke of all types (fireplaces or burning leaves, cigarette smoke, etc.)?

5. Why should you keep antihistamine tablets or an inhaler with you at all times?

6. Why should you take only the prescribed number of breaths with the inhaler before you contact an emergency service?

7. Why do you need to know what medicines you should not take when you use an inhaler?

8. Why should you take your asthma prevention medications regularly? *(They reduce inflammation in lung airways and prevent spontaneous spasms of airway muscles.)*

Medications and Health Asthma

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if it was hard for you to take a deep breath? *(Use an inhaler.)*
2. What would you do if you were near something that could cause an asthma attack?
3. What would you do if you were a guest in someone's home and you realized that allergens or cigarette smoke there might cause an asthma attack?
4. What would you do if you were in a restaurant and realized that food you had eaten might cause an asthma attack?
5. What would you do if you didn't have an inhaler but found it hard to breathe? *(Drink hot tea or coffee.)*
6. What would you do if you started having difficulty breathing while exercising?

Medications and Health Allergies

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: Ask if the person has allergies (including food allergies), what the person is allergic to, and how severe the allergies are.

1. How would you care for your skin after coming in contact with a poisonous plant?
2. How can you learn to identify poisonous plants in your area?
3. What professional can you contact if a skin allergy/reaction does not go away in a day or so? *(primary care doctor, dermatologist)*
4. What precautions can you take if you have sensitive skin? *(Use only mild soaps and lotions and read the labels for fabric content of clothing.)*
5. What foods should you avoid if you are allergic to red dyes? *(hot dogs, lunchmeat, red Jell-O, cherry Kool Aid – Always read the label of ingredients if you are concerned about red dye.)*
6. What is anaphylactic shock? *(the most severe form of allergic reaction)*

7. What are some symptoms of anaphylactic shock? *(face, chest, or back become red and itchy with a burning sensation; hives may appear; face, tongue, and lips may swell; lips turn bluish; breathing is labored and wheezing; pulse becomes weak; pale skin; dizziness; nausea; headache; possible fainting and lapse into a coma)*

8. What is the treatment for anaphylactic shock? *(Immediately inject epinephrine into a muscle and call 911.)*

Medications and Health Allergies

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. If you have airborne allergies, why may it be helpful to check out the daily weather report? *(Pollen levels are usually reported.)*

2. If you have airborne allergies, why should you carefully consider the kinds of plants you have in your yard?

3. Why is it a good idea to stay inside on a windy day if you have serious airborne allergies?

4. Why would you avoid wearing certain fragrances or colognes if you were allergic to bees? *(Certain scents and smells attract bees.)*

5. Why would you not want a lot of flowers in your garden if you were allergic to bees?

6. Why is it a good idea to carry a bee-sting kit with you at all times if you are allergic to bees? *(Bee-sting kits [ana-kits or anti-venom kits] contain an epinephrine injector and an antihistamine to reverse or manage the body's reaction to the sting.)*

7. If you were going to do some landscaping in your yard and you were allergic to bees, why would it be a good idea to consult a master gardener before you planted any shrubs or flowers? *(Some plants attract bees, such as jasmine and honeysuckle.)*

8. Why would it be a good idea to avoid wearing certain pastel colors outdoors, especially during the spring and summer if you are allergic to bees? *(Bees are attracted to yellow, purple, and floral prints.)*

9. Why should you wear an identification bracelet that lists your severe allergies?

10. Why should you consult an allergy specialist about your allergies?

11. If you are allergic to bees, why should you always wear shoes when you walk on grass, especially if the lawn has clover in it? *(Bees love clover.)*

12. If you go camping, why should you recognize poisonous plants in the area?

13. Why is it a good idea to have calamine lotion in your first-aid kit?

14. Why should you not burn branches of poison oak? *(Poison oak spores can be carried in smoke.)*

15. Why should you wear long sleeves when walking in a heavily wooded area?

16. Why should you use an insect repellent outdoors in the summer?

17. Why should you handle clothes that have touched poisonous plants with extreme caution?

18. Why would you seek medical help if a mosquito bite became infected?

Medications and Health Allergies

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you suddenly developed a skin rash after you put on clean clothes?

2. What would you do if you developed a rash after you changed your brand of soap?

3. What would you do if you noticed your hair falling out after you used a different shampoo?

4. What would you do if you developed a rash after eating hot dogs, lunchmeat, or red Jell-O?

5. What would you do if you had severe allergies to dust or pollens, and the weather report said it was going to be a windy day?

6. What would you do if you bought a home with yard plants you were allergic to or that could attract bees?

7. What would you do if you tended to get mosquito bites outdoors?

8. What would you do if you thought you might be having an anaphylactic shock (allergic attack)? *(Recognize the symptoms: constriction of airways, including swollen throat, resulting in difficulty breathing; shock associated with severe decrease in blood pressure; rapid pulse; hives and welts; nausea, vomiting, diarrhea; dizziness, mental confusion, extreme anxiety, slurred speech, unconsciousness; swelling of lips and tongue or flushing of skin and intense itching. Standard treatment is injection of epinephrine [adrenaline] as soon as possible to open the airways and improve blood circulation. Special medication may be inhaled or swallowed to counter the effects of an allergic attack.)*

9. What would you do if your face, chest, or back suddenly became red and itchy with a burning sensation, or hives appeared? *(Determine if you may be allergic to something and are going into anaphylactic shock. Call 911 or the Poison Control Center [1-800-222-1222]; get to an emergency room or urgent care center immediately.)*

10. What would you do if your face, tongue, and/or lips began to swell or your lips turned bluish? *(See question 9.)*

11. What would you do if your breathing suddenly became labored and you started wheezing? *(See question 9.)*

12. What would you do if your pulse became weak or you suddenly became dizzy or nauseous and felt you might faint? *(See question 9.)*

Medications and Health Seizures

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: Ask if the person has a history of seizures, what kind, how frequent, how long they last, and how severe they are. Note if seizures are mentioned in the medical chart.

1. How can you recognize that you are beginning to have a seizure (an aura)*? (staring spells in which you do not respond to direct attempts to gain your attention; periods of confusion; head drooping; sudden loss of muscle tone; rapid eye blinking or eyes rolling upwards; inappropriate movements of your mouth or face; blank facial expression; aimless, dazed behavior, including walking or repetitive movements that seem inappropriate at the time; involuntary jerking of an arm or leg)*

2. What do you do when you feel you may have a seizure?

3. What could you tell family and close friends about how to recognize that you may start having a seizure?

4. What can you wear that can alert a person who may try to help you that you have seizures? *(MedicAlert bracelet or necklace)*

5. What should you tell your family and close friends about how they can help you if you start to have a seizure? *(to stay calm because you will be fine in a minute; to ease you gently to the floor and clear the area around you of anything that could hurt you; to put something flat and soft [like a folded jacket] under your head so it will not hit the floor when your body jerks; to turn you on your side to keep your airway clear and allow fluids in your mouth to drain away; to not force your mouth open, hold your tongue, or put anything in your mouth; to not restrain your movements; to let you rest and regain full consciousness after the jerking movements stop; that your lips may turn bluish in color because your breathing is shallow or has stopped briefly, but normal color should return in a few minutes; to check your airway for obstruction and give you artificial respiration if your lip color does not return to normal; to get you to the emergency room if you hit your head hard, vomit, complain of difficulty with vision, have a persistent headache after a short period of rest, are unconscious and not responding, or your pupils are dilated or unequal in size; to get you to the emergency room if a seizure occurs while you are swimming and there is any possibility that you have ingested water into your lungs, even if you seem to be fully recovered from the seizure)*

6. What can you do to help prevent a seizure? (*Have regular checkups with your doctor and take your seizure medication regularly at the proper doses.)*

7. What recommendations has your doctor made about you driving? *(States have different regulations that must be followed. States either require the doctor to report any patient with a seizure disorder or require the patient to report any medical condition that may interfere with the ability to operate a motor vehicle. In general, doctors should caution against driving, especially if the patient's seizures are not controlled. It is usually most appropriate to have a patient's case evaluated by the state's driver-license authorities.)*

Medications and Health Seizures

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you want to wear a MedicAlert type of bracelet?

2. Why should you tell someone you are with that you feel you may have a seizure?

3. Why should family and close friends know how to help you if you begin to have a seizure?

4. Why do you need to be very aware and careful if you are swimming?

5. Why should you never swim alone?

6. Why should you be sure to take your seizure medicine? *(Seizure medicines maintain agents in the blood at certain levels; with noncompliance of medication regimes, the person is more likely to have a seizure.)*

Medications and Health Seizures

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do to help yourself if you felt you were going to have a seizure? *(Lie down on a carpeted floor away from furniture. Put something soft under your head, such as a rolled jacket. Loosen all clothing, particularly anything tight around the neck.)*

2. What would you do after you had a seizure? *(Rest; avoid getting up or moving around too soon; avoid drinking any liquids or eating any food until you are fully recovered; inform a family member or close friend; make sure you take your medicine at the proper time.)*

Medications and Health | Eyes and Vision

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Where do you keep your glasses so you can find them easily?
2. Where is the first place you may want to check to find your glasses?
3. How could you help other people find your glasses?
4. How do you protect your glasses from getting scratched or broken?
5. How do you clean your glasses without scratching them?
6. What holds the temple (earpiece) to the glasses?
7. Where can you buy inexpensive glasses that can help you see fairly well?
8. What are some symptoms that you are having problems with your eyes? *(blurred vision, haziness or cloudiness, waviness, distortions, seeing spots, flashes of light, black specks or threads drifting across field of vision, sudden or complete loss of vision)*
9. What kind of medical doctor would you want to see if you thought you were having problems with your vision? *(ophthalmologist)*
10. How soon should you see the ophthalmologist if you think you have a sudden partial or complete loss of vision? *(immediately)*
11. What kind of medicine may affect your vision? *(Some motion-sickness medications, particularly scopolamine patches, can cause significant vision problems.)*

Medications and Health | Eyes and Vision

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you try to keep your glasses in a place you can remember easily?
2. Why should you keep your glasses in a place where they would not likely be damaged?
3. Why should you have a spare pair of glasses in your home (in your car, at work)?
4. Why would you not use inexpensive (drugstore) glasses as your main pair of glasses? *(They might not be the correct prescription.)*
5. Why would you not rub your glasses to clean them when they are dusty or dirty?

6. Why would you rinse your glasses under water before you try to clean them with a cloth?
7. Why would you carry your glasses in a glasses case instead of putting them in your pocket?
8. Why would you want to tighten the hinge screw whenever the lens or temple (earpiece) becomes loose?
9. Why should you see an ophthalmologist or emergency room doctor immediately if you have a sudden partial or complete loss of vision?
10. Why would you want to see an ophthalmologist or emergency room doctor immediately if your vision became hazy, blurry, wavy, or distorted?
11. Why should you see an ophthalmologist or emergency room doctor immediately if you start to have sudden blurred or diminished vision; have sudden flashes; or see spots, black specks, or threads in your field of vision?

Medications and Health Eyes and Vision

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you couldn't remember where you put your glasses?
2. What would you do if your glasses were not where you thought they were?
3. What would you do if you lost your glasses?
4. What would you do if there was no safe place to put your glasses?
5. What would you do if you wanted to buy an inexpensive pair of glasses?
6. What would you do if you wanted to clean your glasses and there wasn't any water available?
7. What would you do if you wanted to have spare glasses in your home, in your car, and at work?
8. What would you do if your glasses case was worn out?
9. What would you do if the lenses became loose in the frame?
10. What would you do if the temple (earpiece) became loose?
11. What would you do if you suddenly lost part or all of your vision? *(Go to an emergency room doctor; see an ophthalmologist immediately.)*
12. What would you do if your vision became hazy, blurry, wavy, or distorted? *(See question 11.)*
13. What would you do if you began to see spots or had sudden flashes, black specks, or threads in your field of vision? *(See question 11.)*

Medications and Health | Stress on the Job

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What are some things that cause you stress on the job? *(being assigned a new project, speaking in public, working with a difficult boss or co-worker, resource shortages that increase demands, heavy workloads, meeting deadlines, changes in the workplace, unclear job responsibilities, role conflicts that create the feeling of being "caught in the middle," slow career progress, being passed over for promotions, having little say about the job and work environment, poor working conditions, getting fired, starting a new job, problems at home)*

2. What are some physical signs that you are under stress? *(pounding heart, headache, rapid breathing, shortness of breath, fatigue or insomnia, body aches and pains, muscle pain, joint pain, upset stomach, sweaty palms, eyestrain, dry mouth, teeth grinding, clenched jaw, high blood pressure, frequent illness)*

3. What are some emotional signs that you are under stress? *(anger, isolation, depression, anxiety, irritability, impatience, hypersensitivity, difficulty concentrating, racing thoughts, low self-esteem or feeling of worthlessness, daydreaming, slowed thinking, feeling a lack of direction, apathy)*

4. What are some signs in your behavior that you are under stress? *(changes in sleeping patterns, energy levels, or eating patterns; poor personal hygiene; inability to relax; accident prone; agitation; forgetful; negative attitude; reckless driving; substance abuse; increased smoking; argumentative; procrastination; withdrawal or isolation; change in personal relationships; neglecting responsibility; poor job performance; burnout)*

5. What are some signs that a co-worker may be stressed and possibly at risk of harming himself or others? *(increased absenteeism; major changes in personal appearance, attitude, or behavior; change in personal relationships; reduction in job efficiency or productivity; antisocial behavior; financial, family, or health problems; substance abuse; agitation; unusual interest in co-workers' or boss's schedules and company security policies; preoccupation with weapons; talking about violent fantasies)*

Medications and Health | Stress on the Job

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to manage your stress? *(Stress can damage your long-term health and well being; cause physical and emotional illness; suppress the immune system, increase susceptibility to infectious disease; be a factor in illnesses from headaches to heart disease; aggravate an existing health problem or trigger an illness for which a person is already at risk)*

Medications and Health — Stress on the Job

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What should you do if you feel a lot of stress at work? *(1: Examine the cause of your stress by identifying your personal stressors. Look for patterns of events or people that cause you stress. Focus on the stressors you may be able to change, and accept those you cannot. 2: Think of ways to fix or manage each problem. Prioritize and fix the easiest ones first. 3: Take action. Communicate your intentions to co-workers and supervisors. Try several action steps until you see results. Continue examining, preparing, and taking action until you find solutions that work.)*

2. What would you do to help yourself relax? *(Use relaxation exercises, such as deep breathing; think about things you enjoy; find humor in things and laugh a lot; exercise regularly; eat a balanced diet; get a massage; get seven or eight hours of sleep every night; avoid drugs and alcohol; spend more time with family and friends who support you; talk over problems with people who support you.)*

3. What would you do if stress became unmanageable? *(Recognize that you can prevent yourself from becoming a victim of stress; temporarily remove yourself from the sources of the stress. If stress begins to interrupt your ability to sleep, eat, or work, seek support from your doctor or employee assistance program [EAP] professional.)*

4. What can you do if you are confronted in the workplace with someone who is potentially violent? *(Stay calm, listen attentively, and ask the person to sit down; ask the person questions relevant to his complaint, such as "What can I do to help you?" Acknowledge the person's concerns and try to find solutions. Maintain eye contact; speak slowly, softly, and clearly; avoid being defensive. Identify violent behaviors before they escalate; set ground rules, such as, "When you shout at me, I can't understand what you're saying." Signal a co-worker or supervisor that you need help; have someone call security or the police. Keep the situation in your control; get yourself and others away from the potentially violent person. Follow the workplace emergency action plan. Talk with your supervisor after it is over.)*

Medications and Health — Pressure Ulcers (Bedsores)

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What causes pressure ulcers? *(Unrelieved pressure damages the skin and underlying tissue. Unrelieved pressure on the skin and muscles squeezes tiny blood vessels that supply nutrients and oxygen; the skin and muscles begin to deteriorate and die. Rubbing or friction on the skin can cause minor pressure ulcers.)*

2. When are you likely to get pressure ulcers? *(when you must stay in a bed, chair, or wheelchair because of illness or injury)*

3. What else can contribute to pressure ulcers? *(poor diet, bedding that is not clean and dry, loss of bowel or bladder control, lying or sitting in the same position for long periods, lowered mental awareness)*

4. Where on your body are you likely to develop pressure ulcers? *(back of the head, shoulder blades, elbows, spine, lower back below the waist, hip bones, back of knees, ankles, heels)*

5. What can you do to prevent pressure ulcers? *(Have your skin inspected every day, especially pressure point areas. Have your skin cleaned as soon as it is wet or soiled. Bathe or shower using mild soap in warm, not hot, water. Use creams or oils to prevent dry skin. Avoid cold, dry air. Don't massage damaged skin. Use a thick sheepskin pad over your mattress; use a special mattress that contains foam, air, gel, or water. Don't raise the head of your bed more than 30° to prevent sliding over the bed surface, damaging skin and blood vessels. Use pillows or wedges to keep knees or ankles from touching each other; do not place pillows behind the knees. Change your position every two hours in bed; change your position every hour in a chair; if you can, shift your own weight every 15 minutes. Have helpers lift you rather than drag you during repositioning. Eat a balanced diet because healthy skin is less likely to be damaged. If you notice any red areas or spots on your skin, keep pressure off the area and call your doctor.)*

Medications and Health — Poisoning

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you turn on the light at night before getting out your medication?

2. Why should you not store poison in your medicine cabinet?

3. Why should you avoid alcohol use when using sedatives?

4. Why should you not use another person's prescription drugs?

5. Why should you have the telephone number of the Poison Control Center in a prominent place by your telephone?

6. Why should you call the Poison Control Center if you thought you had accidentally swallowed some poison?

7. Why should you store cleansers and detergents out of children's reach?

8. Why should you dispose of poison containers outside your home?

9. Why should you not store poison near food?

10. Why should you dispose of outdated or unused medicine?

11. Why should you use cleaning fluids only in adequately ventilated areas?
12. Why should you run a car only in a well-ventilated area?
13. Why would you suspect poisoning if a child was acting strange and had stains or burns around his mouth?
14. Why would you suspect poisoning if a child's pupils were constricted to a pinpoint or dilated?
15. Why would you not chew on parts of plants that are unfamiliar to you?
16. Why would you be careful to use only safe woods, such as willow, as skewers for marshmallows or meat?
17. Why should you remove oleander from your yard if you have a young child?
18. Why should you keep jewelry made of seeds away from children?
19. Why should you not buy meat if the wrapper has been torn?
20. Why should you wash all utensils that have contacted raw meat?
21. Why should you wash a cutting board you just cut meat on before using it to cut food that will not be cooked?

Medications and Health — Exposure to the Sun

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What are the risks of overexposure to the sun? *(sunburn, skin cancer, heat exhaustion, heat stroke)*
2. What is the dangerous part of sunrays? *(ultraviolet radiation)*
3. What other things expose you to ultraviolet radiation besides sunlight? *(sunlamps, tanning beds)*
4. What times of day is it good to avoid exposure from the sun? *(10 a.m. to 4 p.m.)*
5. What can you do to avoid overexposure from the sun? *(Wear sunblock; wear wide-brimmed hats; wear long-sleeved shirts and long pants; don't stay out in the sun longer than needed; don't sunbathe.)*
6. What can you put on your skin that can help protect you from the sun?
7. What is the minimum sun-protection factor (SPF) that is recommended if you are going to be exposed to the bright sun? *(SPF 30 with "broad-spectrum" coverage)*
8. What can you wear to protect your eyes from the bright sun?

9. What kind of lenses do sunglasses need to protect you from ultraviolet rays? *(ultraviolet protection lenses)*

10. What is melanoma? *(a serious form of skin cancer)*

11. What kind of skin pigment is the most susceptible to melanoma? *(fair)*

12. Where on the body is melanoma most likely to occur on men? *(trunk)*

13. Where on the body is melanoma most likely to occur on women? *(legs)*

14. If infants and children do not stay out of the sun or wear sunblock when they are in the sun, what could they develop as adults? *(skin cancer)*

15. What are some of the risk factors for developing skin cancer? *(history of severe sunburns as a child or teen, family history of melanoma, red or blond hair and blue eyes, skin that burns or freckles easily, a compromised immune system, moles that are either flat or bumpy with irregular borders and a variety of colors)*

Medications and Health — Exposure to the Sun

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you use sunblock on skin that is exposed to the sun?

2. Why would someone carry an umbrella on a hot summer day?

3. Why should you wear lightweight, light-colored clothing on a really hot, humid day? *(allows for better ventilation, reflects more sunlight)*

4. Why is it a good idea to carry some bottled water with you if you are going to be outside in the hot sun? *(to prevent dehydration)*

5. Why is ultraviolet radiation dangerous? *(sunburn, potential skin cancer)*

6. Why should you avoid over-exposure to the sun? *(sunburn, potential cancer/melanoma)*

7. Why should you avoid being out in the sun from about 10 a.m. to 4 p.m.? *(usually the brightest, hottest part of the day – the most exposure to ultraviolet rays)*

8. Why should you wear a long-sleeved shirt, long pants, and a hat with a brim if you are going to be out in the sun for a while?

9. Why would you use a sun-protection factor (SPF) of 30 or higher if you are going to be out in the sun for a while? *(SPF 30 is the minimum recommended.)*

10. Why should you use sunglasses that protect you from ultraviolet radiation?

11. Why is it important to be aware of skin cancer/melanoma?

12. Why should you avoid using sunlamps or tanning booths?

13. Why should men in particular check their chests and backs for skin changes? *(most likely location for melanomas)*

14. Why should women in particular check their legs for skin changes? *(See question 13.)*

15. Why should infants and children be kept out of the sun or use sunscreen when in the sun?

16. Why should you be particularly aware of skin cancer if you had a lot of sunburns as a child or adult? *(more susceptible)*

17. Why should you be particularly aware of skin cancer if you have one or more of the following? *(more susceptible)*

    - a mole or freckle that suddenly changes color and develops an irregular shape
    - fair (light) skin
    - a lot of sunburns as a child or adult
    - a family history of melanoma
    - red or blond hair and blue eyes
    - skin that burns or freckles easily
    - a compromised immune system

Medications and Health — Exposure to the Sun

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you had repeated sunburns over the years and suddenly noticed a small, black spot or freckle that wasn't there before?

2. What would you do if you had been outside in sun for a while and you suddenly felt faint?

3. What would you do if a friend encouraged you to use sunlamps or tanning booths to get a suntan?

4. What would you do if you were going to be out in the sun for a while?

5. What would you do if you have any of the risk factors for skin cancer?

6. What would you do if you needed to protect your eyes from the sun? *(use sunglasses with ultraviolet protection lenses)*

Medications and Health — Heat Exhaustion and Heat Stroke

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What are some causes of heat exhaustion? *(overexertion; wearing heavy clothing in hot, humid weather)*

2. What are some symptoms of heat exhaustion? *(cold, clammy skin; heavy perspiration; dizziness, nausea, and headache; rapid breathing and pulse; faintness that may lead to unconsciousness)*

3. What are some symptoms of heat stroke? *(hot, dry, flushed skin; deep, then shallow breathing; strong pulse followed by rapid, weak pulse; dilated pupils; unconsciousness; twitching muscles; convulsions)*

Medications and Health — Heat Exhaustion and Heat Stroke

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you drink plenty of water when you are working outside when it is hot?

2. Why should you avoid doing hard labor work in the hot sun?

3. Why would you want to keep yourself from getting dehydrated?

4. Why would you want to wear a hat if you are going to be working in the hot sun?

5. Why would you want to wear lightweight clothing and light colors if you are working in the hot sun?

Medications and Health — Heat Exhaustion and Heat Stroke

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you were going to work outside for a while and there would not be any source of water for you? *(Take some water with you.)*

2. What would you do if you felt you might be getting dehydrated? *(Drink liquids and rest.)*

3. What would you do if you thought you had not been drinking enough liquids? *(Drink more liquids.)*

4. What would you do if you noticed that your mouth was dry and you were losing energy and becoming irritable? *(Drink some liquids.)*

5. What would you do if you thought someone was having a heat stroke? *(Cool the person off immediately. Place her in a bathtub filled with cold water; soak towels or sheets in cold water and wrap them around her; put ice in plastic bags and place them under the armpits, behind the knees, in the groin region, on the wrists, on the ankles, and at the sides of the neck. Call for an ambulance or rush the person to a hospital ER.)*

6. What would you do if you thought you were suffering from heat exhaustion? *(Sit or lie down in a cool spot immediately; loosen your clothing and remove extra layers; drink liquids but be careful not to choke; fan your skin.)*

Medications and Health Diabetes

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What is diabetes? *(an excess amount of sugar [glucose] in the blood, often related to malfunction of the pancreas)*

2. What are some signs and symptoms of diabetes? *(increased thirst; frequent need to urinate; unusual hunger or loss of appetite; flu-like feeling with fatigue and weakness; unexplained weight loss; blurred vision; irritability; slow healing of cuts and bruises; tingling or numbness in the hands or feet; red, swollen, tender gums; recurring infections of the gums, skin, or bladder; sweating or a cold sweat; rapid heartbeat at rest; nervousness; nausea; abdominal pain; leg cramps; confusion; loss of consciousness)*

3. What are normal blood sugar levels? *(A level between 70 and 110 milligrams of glucose per deciliter of blood [mg/dL] is considered normal. Between 111 and 125 mg/dL is considered borderline diabetes or pre-diabetes; a level consistently above 126 mg/dL is considered diabetic.)*

4. What is Type 1 diabetes? *(Type 1 diabetes develops when the pancreas makes little or no insulin. Without insulin circulating in the bloodstream, sugar cannot get into the body's cells, so it remains in the blood. People with Type 1 diabetes often need insulin. Five to 10% of people with diabetes have Type 1.)*

5. What is Type 2 diabetes? *(The pancreas makes some insulin, but may not make enough or muscle and tissue cells become resistant to insulin. About 90 to 95% of people over age 20 with diabetes have Type 2.)*

6. What can you do to help control (manage) your diabetes? *(Keep your weight down, eat a healthy diet, exercise regularly, and take prescribed medicine.)*

7. What can you do to take care of yourself if you have diabetes? *(Have a yearly physical and eye examination. See your dentist twice a year. Keep up-to-date on vaccinations, especially flu and pneumonia. Stop smoking. Monitor blood pressure and have it managed if it is high. Manage stress and depression. Take proper care of your feet.)*

8. If you have diabetes, what can you do to take care of your feet? *(Check your feet every day, including the tops, bottoms, and areas between the toes and toenails. Keep your feet clean and dry; wear clean, dry socks. Trim your toenails properly. Always wear comfortable shoes. Exercise carefully. Avoid extremes of hot and cold. When your feet or legs become tired, sit down and elevate them for a few minutes. See your doctor if you develop any foot problems.)*

9. How often should you test your blood sugar level? *(two to four times per day, depending on the doctor's recommendation)*

Medications and Health Diabetes

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you check your blood sugar level on a regular basis?
2. Why is it important to have regular check-ups for your eyes?
3. Why is it important to keep your blood test equipment with you all the time?
4. Why should you check your feet every day and report any suspicious sores to your doctor?
5. Why should you have your feet checked regularly by a podiatrist (foot doctor)?
6. Why should you get an eye examination every year?
7. Why should you report to your doctor if your fingers or toes start to change color or lose feeling?

Medications and Health Diabetes

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your blood sugar level was high?
2. What would you do if your blood sugar level was low?
3. What would you do if you had trouble filling a syringe with your medication?

4. What would you do if you were on a no-concentrated-sweets diet (NCS) and a piece of cake was served with your meal?

5. What would you do if a packet of real sugar was served with your coffee, tea, or breakfast cereal?

6. What would you do if you noticed a sore on your feet?

7. What would you do if you thought you were losing feeling in your feet?

Medications and Health Back Injuries

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What could happen if you don't lift something correctly? *(possible injury to the spine or to the muscles that support the spine)*

2. What are some risk factors for back injury? *(carrying heavy items, being more than 20% overweight, standing or sitting in one position more than 30 minutes, cradling the phone between your ear and shoulder, sleeping on too hard or too soft a mattress, wearing improper or uncomfortable shoes, performing tasks that require frequent bending, reaching for items over your shoulders, lifting or carrying children, lifting heavy objects off the floor, sitting or standing with poor posture)*

3. What improper body mechanics (the way you adjust your body to maintain balance as you move) may cause a back injury? *(strains or sprains from lifting, carrying, or moving heavy objects improperly; lifting, moving, or carrying something too heavy; sitting or standing in an unnatural position or posture; twisting your body abruptly or awkwardly)*

4. How can lifting, moving, or carrying something that is too heavy cause a back injury? *(unable to perform the task with good body mechanics)*

5. How can lack of exercise cause a back injury? *(leads to decreased circulation, reduced muscular strength, and slow coordination, which affects your reflexes and strains the back muscles)*

6. How can strengthening your stomach muscles help prevent back problems? *(Stomach muscles help support the back.)*

7. How can weak or fatigued muscles cause a back injury*? (There is inadequate support for your back when the muscles are stressed.)*

8. How can extra body weight cause a back injury? *(Extra weight in the abdomen and hips causes strain on the back by exaggerating the curve of the lower spine; 10 pounds of extra weight in the abdomen equals 100 pounds of additional pressure on the discs of the spine.)*

9. How can improper footwear cause a back injury? *(High-heeled shoes or boots can push the pelvis forward, changing the center of gravity, exaggerating the curve of the lower spine, and compressing the discs and joints in the spine.)*

10. What is considered poor posture? *(improper sitting, standing, or lying down; slouching or leaning forward)*

11. How can poor posture cause a back injury? *(weakens the back, making it susceptible to injury from sudden twists or careless lifts)*

12. What is considered good posture? *(sitting or standing up straight with your shoulders centered over your hips, helping to support your spine)*

13. What kinds of things can you do to prevent back injury? *(Stay healthy; exercise to strengthen and stretch your back muscles.)*

14. What kinds of things can you do when you are at your desk to help prevent a back injury? *(Place objects used often within arm's reach between your hand and shoulder height. Avoid reaching across an extended space. Don't cradle a phone receiver between your ear and shoulder – use a phone shoulder rest, speaker phone, or headset. Modify your work area to match your height. Avoid repetitive or sustained bending over.)*

15. What can you do when you are carrying heavy items to help prevent a back injury? *(When carrying luggage, a shoulder bag, or a briefcase, try to balance the load by shifting the weight from one side to the other frequently; lighten your load by only carrying items you use the most. Avoid awkward or unbalanced postures, such as standing with all your weight on one leg. Use a dolly or handtruck to transport heavy objects.)*

16. What is the right way to lift something? *(Avoid any sudden movement or twisting; bend with your knees and hips to help maintain your back's curves; let your legs do most of the lifting to take pressure off your spine; hold the object close to you when you lift to reduce the pressure on your spine.)*

17. What are some techniques to help prevent back injury while you move objects from one place to another? *(Check the pathway: look for things/people that could be in your way, underfoot and overhead; check for spills and lighting. Choose a clear route over the flattest surface, even if it takes a little longer. Push, don't pull; you can push more than you can pull and you will be less likely to strain your back. Don't twist when you lift and carry; avoid twisting or too much bending when you set down your load. Use mechanical aids when available; handtrucks and forklifts can transport heavy loads more easily than your back.)*

18. What can you do to support your back if you have to sit for a long time? *(Make sure the lower curve of your back is properly supported; put a small roll behind your lower spine at the belt level; elevate your feet slightly.)*

19. What could you wear if you felt your back needed support?

20. What kind of mattress would help you prevent back injury? *(a moderately firm mattress that supports the natural curves of your body)*

21. If you have back problems, what can you do to help your back when you are sleeping? *(Sleep on your back with a pillow under your knees; if you sleep on your side, place a pillow between your knees; use a moderately firm mattress.)*

22. What other health problems could make it risky for you to lift things? *(problems with your heart, a hernia, problems with your balance)*

Medications and Health | Back Injuries

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would it help to keep your weight close to your ideal body weight?
2. Why should you always wear comfortable shoes?
3. Why do you need to maintain good posture when sitting, standing, or walking?
4. Why do you need to be careful about lifting and carrying heavy items?
5. Why is it important to support your back if you have to sit for a long time?
6. Why is it important to have a firm mattress on your bed?

Medications and Health | Back Injuries

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you felt your back was going out on you?
2. What would you do if you needed to lift and carry a heavy item?
3. What would you do if you needed to sit for more than 30 minutes?
4. What would you do if a chair you like to sit in causes you to slouch and have poor sitting posture?
5. What would you do if the mattress on your bed was very soft and you thought it was contributing to your back problems?
6. What would you do if someone fell and injured his back? *(Stay calm and observe the situation carefully. Call 911 if you suspect the injury is serious. Do not move the person if possible; you could do more harm than good without knowing the full extent of the injury.)*
7. What would you do if you had a back problem and someone asked you to lift something? *(Politely refuse and, if you choose, explain your reason.)*

Medications and Health Shoes

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What kind of shoes or boots did you wear on your job before your accident?
2. What kind of shoes would be safest for you to wear now?
3. What kind of shoes do you wear in social situations?
4. What effect could wearing very narrow, pointed shoes have on your feet?
5. What should you wear over your regular shoes when it is icy outdoors?
6. What can happen if your shoelaces become untied?

Females Only:

7. What kind of shoes do you think are the most dangerous (for your balance) to walk in? *(high heels)*
8. What could happen if do not have good balance and wear high heels?
9. What effect could frequently wearing high heels have on your back?

Medications and Health Shoes

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why do some women wear athletic shoes until they get to the office, and then change into their dress shoes?
2. Why should you break in a new pair of shoes before you walk very far in them?
3. Why should you change your socks as soon as you can after they get wet?
4. Why is it important to take your most comfortable shoes with you on vacations?

Females Only:

5. Why would it be more difficult for you to walk in high heels now?

Medications and Health — Shoes

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your shoes were wearing unevenly and affecting your balance?
2. What would you do if your shoes were rubbing your feet and causing blisters?
3. What would you do if your favorite shoes were just not comfortable any longer?
4. What would you do if you had a hole in the sole of your shoe?
5. What would you do if your shoes and socks got wet?
6. What would you do if you had to walk in the snow but you did not have boots or waterproof shoes?

Females Only:

7. What would you do if you easily lost your balance when you wore highs heels?
8. What would you do if you had to wear heels at work but you had to walk a long way to get there?

Medications and Health — Animal and Snake Bites

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you avoid an animal you do not know?
2. Why should you avoid handling a bat?
3. Why should you avoid hand-feeding squirrels, chipmunks, or other wild rodents?
4. Why should you wash an animal bite immediately?
5. Why should you report an animal bite to public health workers?
6. Why should you get a tetanus shot after an animal bites you?
7. Why should you avoid walking through high grass and wooded areas at night?
8. Why should you be careful around wood piles and old buildings?
9. Why should you be careful stepping over logs or reaching for branches?

10. Why should you be careful before sitting on a hollow log?

11. Why should you keep an emergency kit for snake bites and know how to use it?

12. Why should you wear boots and heavy gloves if you work where snakes are likely to live?

13. Why should you try to remain calm if a snake bites you?

14. If a snake bites your arm, why should you keep your arm immobilized and below heart level?

15. If a snake bit someone, why should you try to kill the snake and take it with you to the hospital?

Medications and Health | Animal and Snake Bites

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you were bitten by a dog, cat, or wild animal (e.g., skunk, raccoon, bat)? *(Any bite that penetrates the skin should be treated by a doctor for cleaning and possible antibiotic treatment. If the bite causes a deep puncture or a bad skin tear or if bleeding persists, apply pressure to stop the bleeding and seek emergency medical help. Determine if you have had a tetanus shot within the past 5 to 10 years. If you notice signs of infection and disease [swelling, redness, pus draining, increasing sensitivity or pain in the location of the bite, fever, headache, or flu-like symptoms] in the hours and days after the bite, seek medical help immediately.)*

2. What would you do if you were bitten by a venomous (poisonous) snake? *(If the area changes color, swells, or is painful, the snake is probably venomous. Lie down and be quiet/still to prevent the venom from rapidly circulating through your body; if possible, keep the bitten area lower than the level of your heart to use gravity to help slow down the circulation of the venom. If the bite is on your arm or leg, have someone immobilize the area with a splint if possible. Do not cut the wound or try to suck out the venom to prevent swallowing the venom. If a snakebite kit is available, use it. Call 911 or get to an emergency room immediately.)*

3. What would you do if you were bitten by a nonvenomous (nonpoisonous) snake? *(Wash the area of the bite thoroughly, cover it with an antibiotic ointment, and bandage it.)*

Floors and Stairs

Floors and stairs in homes pose hazards for individuals who do not have physical and/or cognitive impairments, and even greater hazards for those who do have impairments. The goal is to help prevent a person from injuring himself when at home or in the community.

Floors and Stairs General Precautions

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What could happen if you walked in a room that had cracked or missing tile (vinyl, flooring)?
2. What could happen if you try to carry too much into your home in one trip?
3. What could happen if your toe (walker, cane) got caught on frayed carpet?
4. What could happen if you turned suddenly and fell over a sleeping dog?
5. What could happen if your floor had different levels of surfaces?
6. What could happen if strips at door thresholds were not nailed down securely?
7. What could happen if you walked through a room that was dark?
8. What could happen if there was wax buildup on floors?
9. What could happen if floors were not kept clean?
10. What could happen if you walked on a slick/wet floor?
11. What could happen if you left magazines or newspapers on the floor?
12. What could happen if you walked on a floor where oil was spilled?
13. What could happen if the dishwasher or washing machine overflowed?
14. What could happen if throw rugs were slippery or got in your way?
15. What could happen if you walked down stairs without using a handrail?
16. What could happen if you could not see the steps and stairs clearly?
17. What could happen if you did not have a light switch at both the top and the bottom of a staircase?

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why could it be dangerous to wear socks when you walk on smooth floors?
2. Why would you want to wear shoes around your home?
3. Why is it important to keep rugs and carpets in good condition?
4. Why should the edges and corners of carpet be tacked down?
5. Why should you be extra careful walking on very thick or soft carpet?
6. Why would you want to have all of the throw rugs picked up off of the floors in your home?
7. Why should you not walk into a totally dark room?
8. Why should you keep floors clean?
9. After you clean a kitchen floor, why do you let it dry completely before you walk on it?
10. Why do you need to keep floors dry?
11. Why do you keep floors cleared of clutter?
12. Why do you not put shoes or other items on steps?
13. Why would you want to move a low coffee table to the side of your living room?
14. Why would you put non-slip pads under rugs?
15. Why would you use non-slip polish on waxed floors?
16. Why should you make sure there is adequate lighting before you go up or down stairs or steps?
17. Why should you look at each step as you go up or down stairs or steps?
18. Why should you hold onto a rail when you go up or down stairs or steps?

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you could not get your wheelchair/walker over the threshold into your home?
2. What would you do if a throw rug was in the hallway in front of your main entrance?
3. What would you do if the strips between rooms or carpets were no longer fastened down securely?
4. What would you do if you saw some liquid spilled on the kitchen floor?
5. What would you do if you spilled oil or grease on the kitchen floor?
6. What would you do if you noticed a loose/cracked tile in your kitchen floor?
7. What would you do if you noticed a hole in your carpet?
8. What would you do if a nail was sticking up from the floor?
9. What would you do if the dishwasher overflowed?
10. What would you do if someone tracked sand into your home?
11. What would you do if you did not have a handrail to hold onto when using steps or stairs?
12. What would you do if you had to walk down some steps but you could not see them clearly?
13. What would you do if a home or building did not have a ramp for your wheelchair (walker)?

Kitchen and Appliances

Kitchens and appliances throughout a home have numerous possible safety concerns. Prior to a neurological injury, individuals may have been very adept in their kitchens and used common household appliances; however, after neurological impairment, even items with generally low risk can present significant risks and challenges.

Kitchen and Appliances — General Precautions

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What kind of fire extinguisher should you have easily accessible in the kitchen? *(ABC/multipurpose fire extinguisher: "A" fire extinguishers are for paper and wood combustibles, "B" for grease and oil fires, and "C" for electrical fires.)*

2. How could you put out a grease fire on your stove? *(Use an ABC/multipurpose fire extinguisher; cover the pan with a lid; sprinkle the fire with baking soda.)*

3. How can you avoid starting a grease fire? *(Watch for grease or oil beginning to smoke; don't cook grease or oil on high heat; don't leave the kitchen while you are heating grease or oil.)*

4. What household chemicals should you not mix with bleach? *(ammonia, lye, oven cleaner, and vinegar because they cause toxic fumes)*

5. What direction should pot handles be turned when they are on the stove? *(toward the back or side of the stove)*

6. How often should you clean the lint filter in your clothes dryer? *(after every load)*

7. How do you clean the lint filter in your clothes dryer?

8. What can you install in kitchen drawers and cupboards to help keep young children out of them?

9. What direction should you place knives and forks in the dishwasher?

10. What should hair dryers not be used for? *(drying clothes or wet carpets)*

11. What should ovens and stoves not be used for? *(heating a room)*

12. Before you put an electric appliance in water to wash it, what should you check first? *(that it is unplugged)*

13. What appliances should be unplugged if you are going to be away from your home for a few days? *(countertop appliances because electrical voltage is inside of them even when they are turned off)*

14. When can you start using an appliance again if it has fallen into some water? *(after it has been inspected and repaired by a qualified technician)*

15. What are the safest rooms in the home for storing household cleaners and solvents? *(laundry, utility room, garage)*

16. What can you do to prevent young children from crawling inside a front-loading washer or dryer? *(Install locks on the appliance doors.)*

17. At what temperature should you set a hot water heater to prevent scalding the skin? *(120° or less – the low setting)*

18. What body part would you use to check the shower water to make certain it was not too hot? *(the back of your hand or inside of your wrist)*

19. What could happen if you forget to turn off the oven when you go out? *(It may cause a fire.)*

20. What is the maximum wattage light you should use in a lamp or light fixture? *(the one recommended by the manufacturer)*

21. What may be the problem if you are broiling food in your oven and start to smell smoke? *(food too close to the heat; fat not draining properly)*

22. How can you recognize that an appliance has caught on fire? *(Flames are shooting out; smoke or a burning smell is coming out of the appliance.)*

23. What is the safest way to slice a bagel with a knife? *(Lay the bagel flat on a counter with your hand on top of the bagel. Using a serrated knife, make a "starter cut." Remove the knife, pick up the bagel, and hold it vertically between your thumb and fingers with the starter cut on top. Then place the blade of the knife in the starter cut and slice downward in a sawing motion. [Note: This information was provided by Noah's Bakery].)*

24. How do you open an electric garage door when the electricity is out?

25. What would you look for if you were inspecting the appliance and light wiring in your home? *(frayed wires, "kinked" wires, loose wires, worn plugs, corrosion, burn marks)*

26. What can cause a clothes dryer to catch on fire? *(dirty lint filter; blocked exhaust duct; drying items that should not be machine dried, such as foam-rubber pillows)*

27. What can you do if you don't have enough electrical outlets for your appliances? *(Determine the appliances you will need and plug in only those for which you have electrical outlets. Do not use extension cords. If necessary, arrange for electrical rewiring to accommodate the appliances.)*

28. What professional would you call to have the wiring checked in your home? *(licensed electrician)*

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to have a multipurpose fire extinguisher in the kitchen at all times?
2. Why is it important to have good lighting over the stove and countertops?
3. Why should you keep the sleeves of your nightgown or bathrobe away from the stove burners?
4. Why do you use pot holders to remove things from the oven?
5. Why should not you use a pan that has a loose handle?
6. Why should you keep pot and pan handles away from stove burners?
7. Why should you keep electrical cords away from the stove?
8. Why should you keep things you use most often in the kitchen on the lower shelves?
9. Why should you keep electrical cords away from water?
10. Why should you not put metal objects in the microwave oven?
11. Why should you not eat meat that is not properly cooked?
12. Why should you not overload an electrical outlet?
13. Why should you always set an iron upright if you have to leave it for a moment?
14. Why should you keep a hair dryer or other electrical appliance away from water?
15. Why is it important to keep appliances clean?
16. Why should you unplug a toaster before removing a piece of toast that is stuck?
17. Why should you not pick up a knife by its blade?
18. Why is it important to keep your hot water heater set at no higher than 120º?
19. Why is it important to use sharp scissors when you cut cloth?
20. Why should you not use a hair dryer to dry clothes or a wet carpet?
21. Why should you not use ovens or stoves to heat a room?
22. Why should you not put buttered toast back into a toaster to melt the butter?

23. Why should you not dry foam-rubber pillows in a clothes dryer?

24. Why should you lock household cleaners out of the reach of children?

25. Why should you keep matches, lighters, and sharp utensils out of the reach of children?

26. Why should you keep a large lid and baking soda near the stove?

27. Why should you keep paper items, dish towels, curtains, pot holders, and plastic eating utensils away from the stove?

28. Why should you not open the clothes dryer door if you saw or smelled smoke coming out of it? *(Opening it will give oxygen, which can fuel a fire.)*

29. Why should you not climb up on a kitchen counter to get something from a cupboard that is out of your reach?

30. Why should you tie back long hair when cooking?

31. Why would you not store anything attractive to children, such as snacks or sweets, above or near the stove?

32. Why should you tighten loose handles of pots and pans?

33. Why should you check the expiration date on milk and other dairy products before using them?

Kitchen and Appliances — General Precautions

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you noticed a foul odor coming out of your refrigerator?

2. What would you do if your faucet water was too hot?

3. What would you do if the blades in your blender were stuck?

4. What would you do if an electrical appliance, such as a hair dryer, fell into some water? *(Do not reach into the water to pull it out; unplug the appliance and pull it out of the water. If you think the appliance is damaged, dispose it or let it dry thoroughly before you try to use it again.)*

5. What would you do if you had to leave the room for a few minutes while your iron was on?

6. What would you do if you cut your hand while you were slicing some food?

7. What would you do if the garbage disposal in your sink locked up?

8. What would you do if your meat was not cooked enough to be safe to eat?

9. What would you do if you opened a bottle of catsup and a gray vapor came out of the bottle?

10. What would you do if you opened a leftover casserole that had gray on top?

11. What would you do if you were very hungry for a particular food in your refrigerator, but when you opened the container, you were not certain it was still safe to eat?

12. What would you do if you needed to sharpen a kitchen knife?

13. What would you do if you needed to adjust the blades of an electric knife?

14. What would you do if a spoon got stuck between the beaters of a mixer?

15. What would you do if you took some leftover vegetables out of the refrigerator that you had cooked more than a few days ago?

16. What would you do if someone left the freezer door open and you discovered that some of the food had thawed out?

17. What would you do if an electrical outlet or switch plate felt warm to the touch? *(Switch off the breaker to that area of your home; have an electrician check the problem.)*

18. What would you do to prevent a pot from boiling over when you have to answer the door or telephone?

19. What would you do if a smoke alarm in your home made occasional beeping noises?

20. What would you do if the electricity went out in the middle of the night and the temperature outside was below freezing?

21. What would you do if the electricity went off in the middle of the day and it was extremely hot outside? *(Drink plenty of water; use a hand fan; dampen a towel and put it on your forehead; avoid activity; stay in the shade.)*

22. What would you do if the electricity suddenly went off and the electric company said that it might be off all day?

23. What would you do if the electricity was going to be off for several hours and you had an elderly family member who needed care?

24. What would you do if you required an oxygen concentrator (IV pump, feeding pump) and the electricity was going to be off for an extended period of time?

25. What would you do if the electricity was going to be out for a few hours and you needed to be on Effica (for respiratory care) or a Clinitron bed (for circulatory care)?

Home Safety

There are countless possibilities for safety risks in homes, and many people are hospitalized because of injuries incurred while at home. Individuals with neurological impairments are at even greater risk for injuries because of difficulty with attention, reasoning, and problem-solving as well as slowed reaction times, balance impairments, and paresis or paralysis. Beyond risks to themselves, individuals with impairments may pose risks to other family members and friends.

Home Safety General Precautions

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What safety risk may occur when you try to carry loaded grocery bags into your home?
2. If you dropped a drinking glass on the floor, would it most likely break if it hit a rug, a wood floor, or a tile floor?
3. How would you clean up broken glass on the floor?
4. What can you use to help protect yourself when picking up broken glass? *(gloves)*
5. What is the best way to dispose of broken glass?
6. What are safety gates used for inside a home?
7. What could you have near each bedroom to warn you that there is smoke or fire near the room?
8. What could happen if you run electrical cords under rugs or carpets? *(could become worn and frayed, causing an electrical hazard)*
9. What could happen if you do not have good lighting on stairs?
10. What could happen if you leave stairs in your home cluttered?
11. What could happen if you set grocery bags on top of the stove?
12. What could happen if you store old newspapers or rags in your home or garage? *(fire hazard)*
13. What could happen if you try to climb a high ladder?
14. What could happen if you face away from a ladder you are standing on?
15. What could happen if you stand on the top step of a ladder?

16. What could happen if you reach far beyond a ladder while you are standing on it?

17. What could happen if you don't have your fireplace chimney cleaned occasionally?

18. What could happen if you don't turn a light switch off before you try to change a light bulb?

19. What could happen if you don't change your furnace filters at least once a year?

20. What could happen if you don't keep your sidewalk and driveway clear of snow and ice?

21. What could happen if you don't clear your home's eaves of large icicles?

Home Safety General Precautions

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you lock a door before you placed a stepladder in front of it?

2. Why would you always open a stepladder fully and lock the metal braces in position?

3. Why would you not load your arms with bags of groceries or packages?

4. Why would you not use an electric blanket to cover someone who cannot communicate to you? *(cannot tell you the blanket is too warm)*

5. Why would you never leave an invalid alone in a bathtub?

6. Why would you not run electrical cords under rugs or carpets? *(They can become worn and frayed, causing an electrical hazard.)*

7. Why do you need good lighting in hallways, on stairs, and on landings?

8. Why do you need a smoke detector near each bedroom in your home?

9. Why do stairs need to be cleared of clutter?

10. Why do shower doors need to be made of safety glass or heavy-duty plastic?

11. Why do you need to check the water temperature before you step into a bathtub or shower?

12. Why do you need a nonskid surface in a shower or bathtub?

13. Why do stair handrails need to be strong and sturdy?

14. Why is it important to keep a first-aid kit in your home?

15. Why is it important that all paint in your home be lead free?

16. Why is it helpful to have a night-light in the bathroom? In the toilet area?

17. Why should you not you set grocery bags on top of the stove?

18. Why should you immediately clean up broken glass that is on your floor?

19. Why should you sweep or vacuum your floor very carefully after picking up pieces of broken glass? *(There are usually very small pieces that you cannot see.)*

20. Why would you take broken glass to an outside trash bin instead of putting it in a trash can inside your home? *(You may forget about it or someone else might not know about it and get cut later when taking the trash out.)*

21. Why should you not store old rags or newspapers in your home or garage?

22. Why should you always face a ladder while climbing up or down it?

23. Why should you use one rung at a time while climbing up or down a ladder?

24. Why should ladders have non-slip treads on the rungs?

25. If you are on a high ladder, why is it good to have someone standing by to watch you?

26. Why should you not stand on the top step of a ladder?

27. Why should you not reach far beyond a ladder while standing on it?

28. Why should you keep two feet and one hand or two hands and one foot on a ladder at all times?

29. If you have a fireplace in your home, why do you need to have the chimney cleaned occasionally?

30. Why should you turn the light switch off before you change a light bulb?

31. Why should you change your furnace filters on a regular basis?

32. Why is it important to have one radio in your home that works on batteries?

33. Why should you keep your sidewalk and driveway clear of snow and ice?

34. Why should you clear large icicles from the eaves of your home?

35. Why should you keep your rain gutters free of debris?

36. Why should you not put a ladder on top of a roof?

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What should you look for on all dairy product labels before you buy them in a grocery store?
2. What could cause canned goods to have bulging lids?
3. What could happen if you buy refrigerated foods at the grocery store and don't keep them cold until you can put them in your refrigerator at home?
4. What foods should you shop for last at the grocery store? *(dairy products, meats, poultry)*
5. What could happen if you don't keep packaged raw meats separated from fruits and vegetables?
6. What temperature should home refrigerators be to keep food safe? *(34° - 40° F, 1° - 3° C)*
7. What is the safest location to store raw meat, poultry, and seafood in your refrigerator? *(in the lowest portion of the refrigerator because it is coldest there and meat juices will not drip onto other foods)*
8. How should you freeze uncooked poultry? *(Remove it from the store package; rinse well; rewrap it with new plastic wrap or freezer paper to reduce the bacteria accumulated between processing and purchase.)*
9. How can you check whether milk or a dairy product is going bad? *(Open the container; carefully smell the contents.)*
10. How can you check to see if meat is going bad? *(Remove it from the store package; look at each side for a change in color or texture; carefully smell it.)*
11. How can you tell if a piece of fruit or a vegetable is going bad? *(Look at each side for any change in color or texture; feel for any unusual softness; carefully smell it.)*
12. What microorganisms make food spoil? *(bacteria)*
13. What is the reason to keep food in the refrigerator?
14. What is the longest amount of time perishable foods should be at room temperature? *(two hours)*
15. What are some perishable foods?
16. What could happen if you don't wash your hands properly before you cook or prepare food?
17. How should you clean a cutting board?

18. What should you do to lemons, limes, and oranges before you peel or grate them? *(scrub under cold, running water to wash off insecticide residue)*

19. Where is the best place to thaw a large piece of meat or poultry? *(in the refrigerator to prevent bacteria growth while thawing)*

20. If you thaw food in cold, running water or in a microwave, how soon should you cook it? *(immediately to prevent bacteria growth)*

21. What should you do before you begin to cook chicken? *(Rinse it thoroughly under cold, running water.)*

22. What could happen if you don't wash countertops, cutting boards, knives, and utensils with hot, soapy water after preparing each food item for cooking? *(Bacteria from raw foods may contaminate the next food you prepare.)*

23. What could happen if you don't cook meat thoroughly? *(Harmful bacteria could make you sick.)*

24. How can you tell if your meat, poultry, or casserole has reached a safe internal temperature?

25. When you barbecue, what could happen if you placed cooked meat onto a plate that had not been washed thoroughly after it had the raw meat on it? *(Bacteria from the raw meat on the plate could contaminate the cooked meat.)*

26. At what temperature should you keep hot, cooked foods for them to be safe? *(140° F, 60° C)*

27. At what temperature should you keep cold foods, such as dairy products, for them to be safe? *(40° F, 4° C)*

28. At what temperature should you reheat leftovers for them to be safe? *(165° F, 75° C)*

29. How hot should leftover soups, sauces, and gravies be cooked for them to be safe to eat? *(rolling boil)*

30. What is the general rule about eating leftovers? *("If in doubt, throw it out.")*

31. What could happen if lunch boxes or bags are left out in direct sunlight or near heaters?

32. What should you do with lunch-box leftovers? *(Dispose of them because they have been left unrefrigerated too long.)*

33. What is the maximum length of time perishable foods can be left out at an outdoor event before they need to be thrown away? *(one hour, depending on the temperature)*

34. Where should you put most of the ice when you use a cooler to keep food cold? *(on top of the food because cool air sinks)*

35. What effect does a warm, humid climate have on the shelf life of foods? *(shortens it)*

Home Safety Phone

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. How can you get a device that will help you hear better on the phone?
2. What could you do to help you read the numbers on your phone better?
3. Where do you have phones in your home?
4. What could you do to make it easier to get to your phone quickly?
5. What do you do when you cannot find your phone?
6. How can a cell phone be useful in an emergency?
7. What can you do to get your phone to dial emergency numbers or specific phone numbers by touching just one button?
8. How could an answering machine/service be helpful to you?
9. If you are a single woman or live alone, how could you keep from having your own voice on your voice message? *(Have a male friend record a message or use a generic, computerized message.)*

Home Safety Phone

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to have a phone with a lighted keypad by your bed?
2. Why is it important to have a phone in both the front and back areas of your home?
3. Why is it helpful to have a cordless/cell phone?
4. Why is it a good idea to have a list of emergency or important phone numbers by each phone?
5. Why would it be helpful to have important phone numbers programmed into your phone?
6. Why is it a good idea to have an answering machine or voice mail?
7. If you are a single woman, why is it a good idea to have either a generic or computerized message or a man's voice stating the instructional message on your answering machine?

Home Safety Ironing

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What parts of an iron get hot?

2. How could you check to find out if an iron is hot enough to start ironing? *(Watch and listen for steam coming out of the bottom of the iron. Place the sole of the iron on the ironing board for a couple of seconds and lift it off, then lightly touch that area of the ironing board to feel if it is hot.* ***Do not touch the bottom of the iron with your fingers or hand.****)*

3. What is the safest way to be certain an iron is off?

4. What could happen if you forgot to turn your iron off and left it lying on the ironing board or on a piece of clothing?

5. What difficulties may you have ironing with your non-preferred hand?

Home Safety Prenatal Care, Infant Care, and Caring for Small Children

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you keep a newborn in a crib near your bed at night?

2. Why should you keep a newborn near you throughout the day?

3. Why should you not let pets (cats or dogs) in the crib or play area with a baby?

4. Why should you have carpet or a rug under a crib?

5. Why should you not put toys or other items in a crib that a child could stand on?

6. Why should you occasionally check and tighten nuts, bolts, and screws on a crib?

7. Why should you set the mattress at the lowest position as soon as your child can pull himself up to a standing position?

8. Why should you give Tylenol instead of baby aspirin to a baby or small child? *(Aspirin can cause Reye's Syndrome, a potentially fatal disease to infants and young children.)*

9. Why should you never leave a baby alone in a bathtub?

10. Why should you not use an electric blanket to keep a baby warm?

11. Why should you give a feverish child plenty of fluids? *(to prevent dehydration)*

12. Why should you put a feverish child in lukewarm water? *(Evaporation on a child's body helps to lower the body temperature.)*

13. Why should you avoid putting a blanket or heavy clothing on a feverish child? *(Heavy clothing prevents evaporation.)*

14. Why should you call a doctor if there is blood in your child's bowel movements?

15. Why should you call a doctor if your child has a high or prolonged fever?

16. Why should you call a doctor if your child had a convulsion?

17. Why should you call a doctor if your child is unable to move his arms or legs?

18. Why should you call a doctor if your child bumps his head and then becomes very drowsy?

19. Why should you call a doctor if your child has one pupil larger than the other or peculiar eye movements? *(These could be symptoms of a concussion.)*

20. Why would you call a doctor if your child has a cough and a fever? *(The two symptoms indicate possible pneumonia.)*

21. Why should you immediately call a doctor if your child has difficulty breathing?

22. Why should you call a doctor if your child is pulling at his ears?

23. Why should you immediately call for emergency help if your baby swallows something and cannot breathe?

24. Why would you want a stroller that folds and fits in the storage space of a car?

25. Why would you want a stroller with adjustable brakes?

26. Why would you want a stroller with a handle at the right height for you?

27. Why would you want a stroller with a canopy?

28. Why would you want a stroller that is not very heavy?

29. Why would you check recommendations for infant carriers?

30. Why would you want an infant carrier that supports your baby's head?

31. Why would you ensure that your baby is comfortable in an infant carrier?

32. Why would you make sure an infant carrier is comfortable for you to carry?

33. Why should you childproof your home?

34. Why should you not let a baby or young child play with small objects or toys he could put in his mouth?

35. Why should you put safety latches on cupboards and drawers in the kitchen and bathroom?

36. Why should you keep all small pieces of paper, cellophane, coins, or other items off the floor?

37. Why should you carefully check all toys for anything that may be loose, removable, or broken?

38. Why should a young child not be allowed to carry a baby?

39. Why should you not leave a young child alone with a baby?

40. Why should you teach children not to pull on a baby's arms or legs?

41. Why should you never throw your baby/child up in the air for play?

42. Why should an infant or young child never be left alone in a bathtub for even a minute? *(A young child can drown quickly and silently without any splashing.)*

43. Why should you keep the toilet lid down if you have a toddler at home?

44. Why should you keep drawstrings or cords for curtains and blinds out of the reach of young children?

45. Why should you keep windows locked in a young child's room?

46. Why should all electrical outlets and switches have cover plates? *(so the child cannot put something into the outlet)*

47. Why should you use safety gates in your home? *(to prevent children or pets from going into a room or downstairs)*

48. Why should you not put a space heater in a child's room?

49. Why should you place a Child Alert decal on the window of a child's room? *(to alert firefighters and other emergency personnel where a child's bedroom is)*

50. Why should infants and young children not be left unattended if they are sitting in the child seat of a shopping cart?

51. Why should older children not be allowed to sit in the child seat of a shopping cart? *(They might cause it to tip over.)*

Females Only:

52. Why should you keep your weight gain between recommended boundaries while you are pregnant? *(to minimize varicose veins, backaches, fatigue, and shortness of breath)*

53. Why should you get enough of the right kind of exercise during pregnancy? *(to prevent pains, such as backache, and improve circulation)*

54. Why should you tell your practitioner your gynecological history?

55. Why should you stop smoking during pregnancy? *(Tobacco use is a leading cause of prenatal problems such as miscarriage, early delivery, and low birth weight.)*

56. Why should you avoid drinking alcohol during pregnancy? *(Alcohol enters the fetal bloodstream in approximately the same concentrations present in the mother's blood; heavy drinking can result in developmental and behavioral problems.)*

57. Why should you avoid caffeine during pregnancy? *(Caffeine can draw fluid, calcium, and iron from the body.)*

58. Why should you take prenatal vitamins during pregnancy?

59. Why should you not climb on a chair or ladder while you are pregnant? *(As the abdomen grows, your center of gravity shifts, making it easier to lose your balance.)*

60. Why should you avoid traveling far in the last trimester of pregnancy? *(Traveling can be uncomfortable and potentially dangerous if you have complications.)*

61. Why should you stop every hour or two if driving a long distance in the last trimester of pregnancy? *(Getting up to walk around will improve circulation and prevent excessive swelling of the legs/feet.)*

62. Why would you wear elastic stockings in the last trimester of pregnancy or after a cesarean section? *(to improve circulation and prevent blood clots in the legs)*

63. Why should you avoid exposure to hazardous chemicals while you are pregnant? *(Some chemicals are potentially harmful to a developing embryo/fetus.)*

Home Safety Fire

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What could happen if you smoke in bed?

2. What is generally considered a safe light bulb wattage for most lamps? *(60 watts)*

3. How can you find out the maximum wattage recommended for the light bulb of a lamp? *(It should be listed in the information about the lamp; when in doubt, use a 60-watt light bulb or lower.)*

4. What could happen if you use a higher wattage light bulb than the one recommended for a lamp? *(It could cause the lamp to overheat and start a fire.)*

5. What are the dangers of space heaters? *(fire hazards; can be tipped or knocked over easily and cause a fire; people [particularly young children and the elderly] frequently are burned.)*

6. How could you check the stability of a space heater to make certain it will not tip over easily? *(Look to see if the legs or supports are firmly attached and in good condition; deliberately attempt to tip it over.)*

7. What are some things you should keep away from space heaters? *(paper, clothing, children, the elderly, animals)*

8. How far away should you keep things from space heaters? *(at least three feet)*

9. What could happen if you left a space heater turned on and left the room? *(You might forget that it is on, which could cause a fire.)*

10. What label should you look for on all electrical lights and appliances? *(a UL [Underwriters Laboratories] listed label, which indicates the item has been tested for safety [does not mean the item is guaranteed to be safe])*

11. Where do you need to have smoke detectors in your home? *(on each floor, near each bedroom, in the kitchen, in the garage)*

12. What can you have installed in a shower or bathtub area to help keep you from falling? *(grab or safety bars)*

13. How many sides of a shower or bath area should have safety bars? *(at least two)*

14. What kinds of materials should you keep away from fireplaces?

15. When should you check to make certain a fireplace flue is open? *(before you begin to use the fireplace at the beginning of the fireplace season)*

16. How often should a fireplace chimney be cleaned? *(yearly, if it is used often)*

17. How much space should be left around a TV or stereo to prevent it from overheating? *(at least two inches on all sides)*

18. Where is the fuse box for your home?

19. What is a fire escape plan?

20. What is the fire escape plan for your home?

21. Where is the outside meeting place for your family if your home is on fire?

22. What should you have in your home to warn you about fire?

23. How often should you test your smoke detectors to make sure they are working? *(every month)*

24. How often should you change the batteries in smoke detectors? *(every six months)*

25. What can you do to remind yourself to change the smoke detector batteries? *(Change them each time you change the clocks for daylight savings time.)*

26. How often should you replace smoke detectors? *(every 10 years)*

27. What can you do to ensure the smoke detectors are not clogged with cobwebs or dust? *(Vacuum them regularly.)*

28. What kind of fire extinguisher can put out any kind of fire (paper/wood, grease, electrical)? *(ABC/multipurpose fire extinguisher)*

29. Who should know how to use your home fire extinguishers? *(every adult and all children old enough to know how to use them, babysitters)*

30. How would you check your fire extinguishers to see if they need to be recharged or replaced? *(look at the small meter on the top of the extinguisher to make sure the needle is in the green)*

31. What should you use to put out a grease fire? *(baking soda, sugar, salt, or flour – never water; ABC/multipurpose fire extinguisher)*

32. What should you never use to help start a fire in your fireplace? *(gasoline, kerosene, lighter fluid, charcoal lighter fluid, any flammable fluid)*

33. What could you use in front of a fireplace to protect the floor from sparks and popping embers?

34. How often should you clean a fireplace?

35. What should you do with a fire in your fireplace before you go to bed? *(Extinguish it; if there are glass doors, close them.)*

36. If you use a fireplace to heat your home at night, what should you do before you go to bed? *(Have the screen in front of the fireplace; remove any rugs directly in front.)*

37. How far from a chimney should tree branches be? *(at least 10 feet)*

Home Safety Fire

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you have smoke detectors in your home?

2. Why should you have an ABC/multipurpose fire extinguisher on each floor of your home? *(to put out small paper/wood, grease, and electrical fires)*

3. Why are people sometimes unable to see flames in a burning home? *(hidden by smoke)*

4. Why should you have a fire escape plan for your family?

5. Why should you have two exits from any room? *(in case one exit is blocked by a fire)*

6. Why should bedroom windows not have bars on them? *(may slow down/prevent escape)*

7. If your home has bars on the windows, why should they open from inside the room? *(so someone is not trapped inside)*

8. Why should doors exiting your home not have double-keyed locks that require a key to unlock the door from the inside? *(may not have time to find the key to escape in an emergency)*

9. Why should you not tuck an electric blanket under the mattress? *(may damage the blanket's electrical wires, causing a fire hazard)*

10. Why would you want the bedroom of an elderly or frail person downstairs? *(so the person can escape from a fire more easily)*

11. Why should you never go back into a burning building?

Home Safety Fire

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you smelled propane or natural gas in your home? *(Leave immediately; don't use the phone because it may have electrical connections that might cause a spark; don't use a flashlight or candles if it's dark.)*

2. What would you do if you smelled something burning in the laundry room?

3. What would you do if your clothes dryer caught on fire? *(Don't open the dryer door because it may cause the fire to flame up. Turn off the dryer; turn off the circuit breaker or gas to the laundry room, if possible. Call the fire department.)*

4. What would you do if you were cooking and the smoke alarm went off?

5. What would you do if you smelled propane or natural gas when you walked into the kitchen?

6. What would you do if your toaster or toaster oven caught on fire? *(Pull out the plug or shut off the main power source; use an ABC/multipurpose fire extinguisher; do not use water; call the fire department if it continues to burn.)*

7. What would you do if you smelled smoke coming from your oven? *(Turn it off; check to see if you left food inside; clean the oven when it is cold.)*

8. What would you do if smoke was coming out of the microwave? *(Turn it off; if there is fire, wait for it to go out before you open the microwave door so you don't give it oxygen and cause it to flare up; carefully take out the food using hot pads; fix the problem; put the food back in the microwave and closely watch it cook.)*

9. What would you do if you saw sparks in the microwave oven when you turned it on?

10. What would you do if you burned your hand on the stove?

11. What would you do if you spilled grease on the stove burner?

12. What would you do if you could not get a slice of toast out of the toaster?

13. What would you do if the fireplace in your home had not been cleaned for a few years and you wanted to use it? *(Have a professional chimney sweep clean the chimney and firebox.)*

14. What would you do if you decided to put out a small fire in your home with a fire extinguisher? *("Sound the alarm" to let everyone inside your home know there is a fire. Call 911 to notify the fire department. Get the fire extinguisher and keep your back to your exit; **never** let the fire block your exit. Pull the safety pin from the fire extinguisher; aim the nozzle toward the base of the fire, not the middle or top of the flames; squeeze the handle and sweep side to side. Stay low to avoid breathing smoke and heat. If the fire cannot be extinguished, leave your home and close the door behind you to slow the flames from spreading.)*

15. What would you do if you needed to escape from a burning building? *(Get on your hands and knees to crawl to the door; use the back of your hand to test each doorknob and door for warmth. Do not open a door if it feels hot or if smoke is seeping in. If it is safe, proceed quickly and cautiously, staying low if there is smoke.)*

16. What would you do if you were in bed and the smoke alarm went off? *(Roll out of bed and crawl to the door; check the door for heat or smoke; cover your mouth and nose with a damp cloth, if possible.)*

17. What would you do if the door was hot and it was unsafe to open it? *(Escape through a window after breaking it with a chair, drawer, etc.; do not use your hand to break a window.)*

18. What would you do if your sleeve caught on fire? *(Smother the flames with a towel, then take off the shirt.)*

19. What would you do if your clothing caught fire? *(Stop, drop, and roll while covering your face with your hands to extinguish the fire.)*

20. What would you do if you got a burn while you were cooking? *(Run cool, clear water over the injured area for 10 to 15 minutes. Do not put butter or greasy ointments on a burn because they keep the heat in and can cause more damage. Don't use ice because it can further damage the burned area. See a doctor if it is a moderate to severe burn.)*

21. What would you do if the flames in your outdoor barbecue grill got too high?

22. What would you do if the charcoal in your barbecue started to go out before you began cooking your food? *(Do **NOT** put charcoal lighter fluid on the coals; there would be a strong possibility of a fire or an explosion. Get more charcoal started in another metal container, and then carefully add the new charcoal to the cooled charcoal.)*

23. What would you do if the meat you were cooking on your barbecue caught fire? *(Turn the flame down on the barbecue and spray the meat with water from a spray bottle; watch the meat very carefully after you turn the heat back up.)*

Home Safety Lawn Mowers and Lawn Tools

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What could happen if you smoke or have an open flame around a lawn mower's gasoline tank?
2. What should you check each time before you begin to use your lawn mower? *(gasoline; oil; mower blade; all safety devices, such as automatic shut-off)*
3. What should you periodically check on a lawn mower? *(Make sure the nuts, bolts, and screws are tight; remove grass, debris, and excessive grease from the engine.)*
4. What should you remove from the lawn before you begin mowing? *(rocks, sticks, wire, or anything that can be picked up and spun out by the blades)*
5. What kind of surfaces should you not run over with your lawn mower? *(rocky or gravelly surfaces)*
6. What should you wear on your feet when you mow grass? *(leather shoes or boots)*
7. What should you not wear on your feet when mowing grass? *(sneakers, sandals, or open-toed shoes)*
8. What direction should you mow on a slope? *(Mow across rather than up or down for better control; the mower is less likely to get away from you; if you slip, you will be less likely to fall toward the mower.)*
9. How should you remove debris from the mower blades? *(Shut the engine off; wait for the blades to stop rotating; use a stick to clean the blades so you don't cut your hand on the blade.)*

Home Safety Lawn Mowers and Lawn Tools

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you read the instruction manual before you use a new lawn mower?
2. Why would you want the mower on level ground when you start it?
3. Why should sprinkler (irrigation) heads be at ground level?
4. Why should you mow only when the grass is dry?
5. Why should you keep young children and animals away from the lawn when you mow?

6. Why should you shut off the lawn mower if you have to check the blades? *(The spinning blades can easily cut you.)*

7. Why should you shut the engine off if you need to leave the mower unattended for even a minute?

8. Why should you never raise or tilt the mower with the engine running? *(Debris can be thrown; fingers or hands may get under it.)*

9. Why should you never carry passengers on a riding lawn mower?

10. Why should you mow slowly and avoid holes and sudden stops?

11. Why should the blade of a riding lawn mower be disengaged and the transmission put in Park before you put your foot on the ground?

12. Why should you wear protective glasses when using a weed cutter or a power blower?

13. Why is it a good idea to wear earplugs when using loud equipment or tools?

14. Why should you not lay a rake or hoe on the ground?

15. Why should you burn leaves only in designated, approved areas?

Home Safety Swimming Pools, Spas, and Ponds

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: The following questions are based on information from *Open Water Lifesaving: The United States Lifesaving Association manual*.

1. What is the number-one cause of death for children under five years old in Florida, Arizona, and California? *(drowning)*

2. What is the number-two cause of death for children under five years old in many other states? *(drowning)*

3. What rules should be posted by the pool and enforced at all times? *(NO running, NO pushing, NO drinking, NEVER swim alone)*

4. What effects can alcohol have on a person swimming or playing in a pool? *(impaired swimming ability, impaired judgment, lower body temperature)*

5. What could happen if you are watching children in a pool and you are distracted by a phone call (the doorbell, a conversation, chores)?

6. If you have a pool, what would you want your babysitter to know how to do? *(swim well, administer CPR, get emergency help immediately)*

7. What special instructions should you give babysitters if you have a pool? *(potential pool hazards and safety devices, such as door alarms, latches, gate alarms, and pool surface alarms; the need for constant supervision)*

8. What is a pool (surface) alarm? *(an alarm that sounds when someone enters the water)*

9. What should you do if you have to leave the pool area for a moment? *(Take all children with you and latch the gate securely after it closes.)*

10. How often should all electronic pool protection devices be checked (e.g., backdoor alarms, gate alarms, pool surface alarms)? *(weekly)*

11. What should you use to separate your home's play yard from the pool? *(a fence at least five feet high that completely surrounds the pool)*

12. What kind of gate and latch should you use for your pool? *(Use a self-closing gate that self-latches; the self-latch should be higher than a young child can reach.)*

13. What should you do if a child (or older adult) is missing? *(Check the pool first; seconds count in preventing death or disability.)*

14. How should you search the pool if a child is missing? *(Go to different edges of the pool and scan the entire pool bottom and top. You may be able to see better from one side than another because of light reflecting on the pool surface.)*

15. What should you do after children have finished swimming and left the pool?

16. What rescue equipment should you have near the pool where the designated pool watcher is? *(a life hook or "shepherd's hook," a rescue tube, a phone with emergency numbers listed)*

17. What is a life hook and how would you use it? *(It is a 16-foot pole with a large hook on the end that can be used to pull an unconscious person from the water without the rescuer having to enter the pool. It can be very important if the "designated pool watcher" is weak or a nonswimmer. Stand near the edge of the pool and reach the hook out to the person to grab onto. If the person cannot grab onto the hook, "hook" the life hook around the person [avoiding the head and neck] and pull the person toward you.)*

18. What does this mean? "Teaching a child to swim does not mean the child is safe in the water."

Home Safety Swimming Pools, Spas, and Ponds

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should your family have an action plan in case of a pool emergency, such as a baby in the water or a poor swimmer? *(to be able to take immediate action without needing time to plan a strategy for the rescue)*

2. Why should you never leave children alone in or near a pool, even for a moment?

3. Why would you want to appoint a mature "designated pool watcher" during social gatherings around a pool? *(to protect young children, the elderly, and people with physical disabilities from pool accidents)*

4. Why would you want to install a gate alarm even if you keep the pool gate locked? *(in case someone removes/breaks the lock)*

5. Why should toddlers in a pool wear swim diapers? *(Swim diapers are designed to contain urine and feces [In 1998 a dozen children in Atlanta were contaminated with E. coli bacteria in a public water park, and one child died.]; chlorine and other disinfectants may not be at sufficient concentrations to kill all bacteria.)*

6. Why should people never dive into water if they don't know how deep it is and what obstacles are in the water?

7. Why should you have a backdoor alarm with a loud, high-pitched sound that is very different from any other alarm system in your home? *(It is the first line of defense to alert you if a child opens the back door and may get to the pool.)*

8. Why would a typical "chirp" alarm not be enough to get your attention when the back door is opened? *(Most door alarms have a "chirping" sound when the door is opened; people learn to ignore the sound.)*

9. Why should you not prop open the pool gate?

10. Why should you not swim alone?

11. Why should you teach your children to get your permission before they go swimming?

12. Why is it important to keep pool water clear?

13. Why should you not place tables, chairs, and other things children can climb on near the outside of the fence?

14. Why would you want to have a pool safety cover instead of a regular pool cover? *(Pool safety covers are anchored securely to the deck and are strong enough that a child can walk across them without falling into the water.)*

15. Why should you never use a pool with a pool cover partially in place? *(Children may become trapped under it.)*

16. Why should you keep a phone by the pool? *(to avoid having to leave children unattended to answer the phone; to call for emergency help without leaving the child)*

17. Why aren't air-filled swimming aids safe? *(They are not a substitute for approved life vests and can be dangerous if they deflate.)*

18. Why would you keep toys out of and away from the pool area when they are not being used? *(Children playing or reaching for toys could accidentally fall into the water.)*

19. Why should a person dive from a diving board and not from the side of a pool?

20. Why should you wait an hour after eating before you go swimming?

21. Why should you not assume that a drowning accident couldn't happen in your family?

Home Safety Home Security

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Where do you keep the keys to your home and car so you always know where they are?

2. Where do you keep emergency phone numbers so you have easy access to them if you need them?

3. What is a dead bolt used for?

4. What should you check at night before you go to bed?

5. How could a security company sticker on your doors and windows be helpful?

6. If you have a peephole in your front door, what should you do before you open the door to someone?

7. What kinds of things can you do to protect your home from burglars? *(alarm systems, watchdogs, lights on at night, timers on lights, radio or TV on during the day)*

8. What can you do to protect windows? *(Put alarm system decals and/or Beware-of-Dog signs on windows, whether or not you have an alarm system or a dog. Fasten window air conditioners securely to window frames so they cannot be pulled out.)*

9. What can you do to protect doors? *(Doors should fit snuggly into frames. Give a set of keys to a trusted neighbor. Use dead-bolt locks and heavy-duty chain locks. Cover any glass door panels with grillwork attached to the inside. Have battery-operated doorknob alarms on inside doorknobs. Install lights over doorways. Make sure any address number is well lit and visible from the street so emergency personnel can see it easily. Install a wide-angle peephole; install a lower peephole for children to use. Don't leave notes on doors saying you are gone for a while.)*

10. How can a burglar alarm help protect your home?

11. How can you prevent a burglar from raising a window to crawl through? *(Lock all windows; drill a hole through the inside sash of windows and insert a small bolt or heavy nail to prevent opening it from the outside.)*

12. What could you put over windows to prevent a burglar entering your home through them? *(grillwork fastened to the **inside**)*

13. What could happen if you had grillwork fastened to the outside of windows? *(A person could not open the grillwork to get out through the window in case of fire.)*

14. What can you hang on your doorknob if you don't have an alarm system? *(a battery-operated doorknob alarm)*

15. How could shatterproof glass or safety glass help prevent someone entering through a window? *(cannot be broken easily)*

16. What height should you limit the growth of shrubs around windows? *(below the bottom of the window)*

17. What kinds of outside plants around windows may discourage intruders from hiding behind them? *(prickly plants, such as roses, holly, and cacti)*

18. What are infrared sensors used for on lights?

19. What are safe-deposit boxes used for?

20. What kind of things should you keep in a safe-deposit box? *(birth, adoption, marriage, divorce, or death certificates; real estate deeds; military discharge papers; car titles; stocks; bonds; savings certificates; copies of wills; a household inventory; home owner and health insurance policies)*

21. What kind of documents should you not put into a safe-deposit box? *(originals of wills, cemetery plot deeds, life insurance policies)*

Home Safety Home Security

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it helpful to have a peephole in your front door?

2. Why is it important to have a peephole at the right height?

3. Why is it important to have strong locks on all of your doors that lead outside?

4. Why is it important to have smoke detectors (alarms) in your home?

5. Why should wood doors fit snugly into frames? *(more difficult to pry open)*

6. Why should you have an outside light close to each outside door of your home?

7. Why would you install dead bolts for all entrance doors of your home?

8. Why are doors that have glass panels in them not safe? *(easily broken by burglars)*

9. Why should you not put a spare key to your home under a doormat or near a the door?

10. Why should your address number be well lit and visible from the street? *(so emergency personnel can find your home more easily)*

11. Why should you not let shrubs or trees grow and obscure (hide) windows or doors? *(A burglar could hide behind them while trying to break in.)*

12. Why would you not want a trellis against the side of your home? *(Burglars could climb up a trellis.)*

13. Why should steel bars or metal grating only be attached from the inside of your home? *(so a person inside can detach the bars or grating and get out if there is an emergency)*

14. Why should sliding glass doors be shatterproof? *(so they do not break easily)*

15. Why do some people cut broom handles or use wood dowel rods to fit in the track of sliding glass doors?

16. Why do some people drill holes and insert screws along the door frame of a sliding glass door? *(so that the door cannot be lifted out of its tracks)*

17. Why would you put decals at different heights on a sliding glass door?

18. Why do some people leave a porch light on all night?

19. Why would you install a motion detector light for your front and back porch lights?

20. Why should you have the same or more security protection for your back door as you do for your front door?

21. If you were going to be away from your home for a couple of days, why would you have a friend or neighbor pick up your newspapers or other deliveries for you?

22. If you were going to be away from your home for more than a week, why would you have your newspaper stop delivery and have the post office hold your mail?

23. If you have a freestanding mailbox, why would you only have your last name on the box and not your first name? *(to help prevent an intruder from calling you to see if no one is home)*

24. Why would you just list your first and last name and no address in the phone book?

25. Why would you have an unlisted phone number?

26. Why should you have a switch inside your home that can turn the light on inside your garage?

27. Why do some people keep a light on inside their garage all of the time?

28. Why would you want to have lampposts or floodlights shine onto your yard at night?

29. Why would you put alarm system decals on your windows even if you don't have an alarm?

30. Why would you put "Beware of Dog" signs on your windows even if you don't have a dog?

31. Why should window air conditioners be fastened securely to the window? *(so they can't be pulled out for access into the home)*

32. Why is it important not to give personal information or your social security number to a stranger (telemarketer) over the phone?

33. Why is it important to ask for proper identification from repair workers?

Home Safety Home Security

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your walkway or front doorway had inadequate lighting?
2. What would you do if you had difficulty recognizing the key to your home?
3. What would you do if you couldn't see who was at your front door?
4. What would you do if you couldn't hear your doorbell?
5. What would you do if a door was difficult to open?
6. What would you do if you noticed someone was following you?
7. What would you do if you came home and saw an open door or objects out of place? *(Suspect a possible burglar; turn around and quietly leave; notify police. Watch your home from a safe distance; don't try to stop a burglar when he leaves; get a good description of the person and write down his license plate number. Stay out of your home until police arrive.)*
8. What would you do if you heard a burglar entering your home or prowling around? *(Gather your family in a room with a strong door and lock; notify police as soon as it is safe to do so.)*
9. What would you do if you confronted a burglar face-to-face or woke up to discover one in your room? *(Stay quiet and cooperate; if you are attacked, fight back and scream for help.)*

Home Safety – Woodworking

Prior to sustaining a neurological impairment, an individual may have had a long history of safely working with hand and power tools at home and/or at work. Individuals with neurological damage typically have impairments in one or more of the following areas, which compromises their safety when working with tools: vision (including peripheral), hearing, dexterity, bilateral strength and balance, hand-eye coordination, problem-solving, and rapid reaction time. They may also lack awareness of the deficit or be in denial. The following questions may help you assist your patient/client with awareness of personal limitations.

Home Safety Woodworking

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What is the basic rule of thumb when working with any kind of tool? *("The correct way is the safe way.")*

2. What is “kickback” and why would you try to prevent it? *(Kickback occurs when a piece of wood being cut with a circular saw shoots back towards the person as it is being fed into the blade. It may hit the person in the stomach with the speed and force of a baseball bat swung by a professional.)*

3. How far away would you want to keep a young child from a table saw you are using? *(at least 10 feet)*

4. What would be the safest way to keep a child from accidentally turning on a power tool? *(Have a guard over the power switch.)*

Home Safety Woodworking

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you not wear loose-fitting clothing when you use power tools? *(The material may get caught in the equipment and pull you into a blade, cutting edge, or drill.)*

2. When you use power tools, why should you remove all outer clothing, such as coats, jackets, and sweaters? *(The material may get caught in the equipment and pull you into a blade, cutting edge, or drill.)*

3. Why should you roll up your shirtsleeves past your elbows or button the cuffs tightly around your wrists before you use power tools? *(The material may get caught in the equipment and pull you into a blade, cutting edge, or drill.)*

4. Why should you take off wristwatches and any other jewelry before you operate a woodworking machine?

5. Why is it helpful to wear a shop apron when you work in your woodworking area? *(It has a smooth front to keep clothing away from machinery and cutting edges. You can keep small items [tools, nails, screws, etc.] in the pockets, which is safer than keeping them in your pants or shirt pockets.)*

6. Why should you keep the table of your woodworking machine and other work surfaces clear of excess materials and tools?

7. Why should you keep your hair out of your eyes while you work with equipment and tools?

8. If you have long hair, why should you have it pulled back securely while you work with equipment and tools?

9. Why would you try to keep the floor of your woodworking area cleared of small pieces of wood and scraps?

10. Why should you keep the points of sharp tools away from table edges?

11. Why should you keep oil and grease wiped up from the floor of your woodworking area?

12. Why should you keep oily and greasy rags in a closed, metal container? *(to prevent a spontaneous-combustion fire)*

13. Why should you keep children out of your woodworking area while you are working?

14. Why would you not want someone to come up behind you while you are working on a machine or using power tools?

15. Why should you not try to carry more wood or materials than you can carry easily?

16. Why are woodworking shops one of the most likely places for fires or explosions to occur? *(contain flammable materials, such as wood dust and finishing materials)*

17. Why should you remove wood slivers immediately? *(to prevent infections and blood poisoning)*

18. Why should you not hold screws or nails in your mouth while you are working on a project?

19. Why should you never carry pointed tools in your pocket?

20. Why should you always cut and chisel away from yourself?

21. Why should you always carry cutting tools with the sharp edge down?

22. Why should you never use tools with loose handles?

23. Why should you wear safety glasses or safety goggles when you use a power tool?

24. Why should you not use a hammer with a loose head?

25. Why should you not hit one hammerhead against another hammerhead? *(to prevent a spark that could ignite sawdust or fumes from finishing materials; to prevent possible injury from flying fragments)*

26. Why should you not use a screwdriver with a damaged tip or a tip that is the wrong size?

27. Why should you not use a screwdriver as a lever to pry something? *(The screwdriver may bend or break, which could cause it to slip and injure you. A screwdriver's strength is in its downward, twisting pressure; it is not meant to have lateral or side pressure applied to it.)*

28. Why do you drill a pilot (starter) hole before putting in certain types of screws? *(to prevent heavy pressure or force on the screwdriver, which could cause it to slip and injure you)*

29. Why should you make sure a tool handle (hammer, screwdriver, pliers, saw, etc.) is clean and not slippery?

30. Why should you make sure the wood you are working on is well secured and stable before using a tool on it?

31. If you have respiratory problems (problems breathing), why would it be helpful to wear a face mask when you work around sawdust? *(to prevent dust particles from getting into your lungs and making your respiratory problems worse)*

32. Why should you wear ear protection when you work with power tools?

33. Why should you make certain you have a firm grip on any electrical hand tool you are using?

34. Why would you not want to startle someone who was using a power tool?

35. Why do you need to know where the electric tool cord and extension cord are lying? *(You may trip over them or they may get caught in the machinery.)*

36. Why should you be sure you are not operating electrical tools around water? *(electrical shock or electrocution)*

37. Why should you not use an electrical cord that is frayed or has cracks in the insulation? *(You may touch the damaged area of the cord and be shocked; the damaged area of the cord may touch metal equipment and shock you; sparks may cause a fire.)*

38. Why should you not rub your eyes if you get something in them?

39. Why should you avoid being distracted when you use a power tool?

40. Why does safe, successful woodworking depend on having a good cutting edge on all your tools? *(requires less effort; produces better woodworking jobs)*

41. Why would you not use a bent drill bit?

42. Why should you keep all safety guards in their proper positions when using power tools? *(to prevent fingers, hands, and clothing from getting caught in a blade or cutting edge; to protect your eyes from flying debris)*

43. Why should you never hurry when you work with a machine?

44. Why should your power saw have a blade lock? *(to keep the blade from turning without having to hold it with a piece of wood or your gloved hand)*

45. Why should make sure a machine has come to a dead stop and is unplugged before cleaning, adjusting, or oiling it?

46. Why is it helpful to have a blade brake on your power saw? *(A blade brake abruptly stops the blade turning when you release the trigger, providing an extra margin of safety.)*

47. Why should you use a brush to clean sawdust and scraps of wood from a machine instead of your hand?

48. Why should you turn off the power immediately if a machine does not sound right? *(The belts, pulleys, or blades may be loose or binding, which could cause serious injury if not stopped and repaired immediately.)*

49. Why should you make sure that all clamps are securely fastened?

50. Why should you stand to the side of a machine when you saw or plane a board? *(to prevent the board from hitting you if kickback occurs)*

51. Why should you never feed stock (a piece of wood) into a machine until it has reached its full speed? *(A saw blade not moving at full speed is more likely to cause kickback, which could result in serious injury.)*

52. Why should you never try to stop a machine after the power is off by forcing a piece of wood into the blade or knives? *(may cause kickback and result in injury)*

53. Why should you always stay next to a machine until it has come to a complete stop? *(to prevent someone else from getting too close to the cutting edges)*

54. Why should you not look into a planer machine as a board is passing through it? *(to prevent loose chips from being thrown back and hitting you in the face)*

55. Why should you keep your hands away from a board once it starts through a planer machine?

56. Why should you turn off a planer machine if a board gets stuck?

57. Why is a circular saw one of the most dangerous pieces of equipment in a woodworking shop? *(used the most; exposed blade; high risk of injury to fingers and hands)*

58. Why should your power saw have a safety guard? *(to keep fingers and hands away from the blade; to keep sawdust from flying into your eyes)*

59. Why should you use a carbide-tipped saw blade instead of a regular blade? *(cut smoother, cleaner, and quicker)*

60. Why should you have a table saw blade set so that it is about ⅛ inch higher than the thickness of the wood you are cutting? *(so you do not have an excessive amount of blade above the wood, but enough to cut through it cleanly)*

61. Why should you turn off a table saw and wait for it to come to a complete stop before making any adjustments to the blade?

62. Why should you never reach over a table saw blade with your hand?

63. Why should you use a push stick when running a board through a table saw? *(A push stick helps keep your hand a safe distance away from the saw blade.)*

64. Why should you never place your hand between the revolving saw blade and the fence of the saw?

65. Why should you not turn on a saw when a piece of wood is resting against the blade? *(The saw blade may throw the wood.)*

66. Why is it important to have a portable circular saw properly grounded? *(to prevent electrical hazards and shock)*

67. Why do you need a 12-gauge or 10-gauge extension cord for portable power tools? *(The extension cord size needs to be equal to or larger than the cord of the power tool for the tool to run with maximum power, efficiency, and safety.)*

68. Why would you not hold a small piece of wood in your hand against a power sander? *(It is easy to touch the sander with your fingers or hand, injuring yourself.)*

69. Why do you need to make sure the blade guard is in place and working well on a table saw?

70. Why do you need good ventilation when you use any finishing chemicals or cleaners?

Home Safety Superglue and Glue Guns

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What can you do to keep superglue away from your skin?
2. What kinds of things could you rest a hot glue gun on safely?

Home Safety Superglue and Glue Guns

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you have good air ventilation when you use any type of glue?
2. Why should you keep superglue and hot glue away from your skin and your mouth?
3. Why should you not touch the heating tip of a glue gun?
4. Why should you rest your glue gun on a nonflammable surface?
5. Why should you let a glue gun cool off before you put it away in a drawer?
6. Why should you unplug a glue gun when you are not using it?

Home Safety Superglue and Glue Guns

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you wanted to glue something and there was poor air ventiliation?
2. What would you do if you got superglue on your skin?
3. What would you do if your fingers got stuck together with superglue? *(Dissolve the bond with a little nail polish or acetone; be very careful with these because they are extremely flammable.)*
4. What would you do to find out if a glue gun was cool enough to put away in a drawer?
5. What would you do to prevent yourself from getting burned by the heating tip of a glue gun?

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: Ask the person if he owns any firearms or has access to them. If yes, ask the following questions.

1. What kinds of gun(s) do you have?
2. Where do you keep your gun(s)?
3. What is a grip? *(the handle of a gun)*
4. What is a cartridge? *(a metal tube containing the complete charge [ignition device] for a gun)*
5. What is a chamber? *(the part of a gun that holds the cartridge)*
6. What is the action? *(the moving part you open and close to load or unload cartridges)*
7. What is a magazine? *(the part of a gun that holds extra cartridges to be fed into the chamber)*
8. What is a bullet? *(the projectile located at the tip of a cartridge)*
9. What is a barrel (muzzle)? *(a metal tube a bullet passes through on its way to a target)*
10. What is muzzle awareness? *(being aware the gun is pointed in a safe direction, preferably down at the ground)*
11. Where is the trigger guard and what is it for? *(on the underside of a gun; protects the trigger)*
12. What is trigger discipline? *(keeping the trigger finger outside of the trigger guard or alongside the handgun frame)*
13. What is a firearm safety device? *(a locking device that prevents the trigger from being pulled)*
14. What are the "four cardinal rules" of firearms safety? *(1. Treat all firearms as if they are always loaded – there are **NO** exceptions. 2. Never allow the muzzle of your firearm to point toward anything you do not intend to destroy. 3. Keep your finger **OFF** the trigger until your sights are aligned with the target and you are ready to shoot. 4. Be sure of your target and its surroundings.)*
15. What are two important things you need to know about any gun before you handle it? *(where the safety is and how it works; how to determine if it is loaded or unloaded)*
16. What should you do before you put your finger on the trigger? *(Positively identify the target; make the conscious mental decision to fire; properly align the sights on the target.)*
17. What is the "zone of danger"? *(the maximum range of the bullet)*
18. What should you wear if you are firing a gun? *(eye and ear protection)*
19. What should you do if you experience any malfunction of a gun? *(Immediately cease firing, unload the gun, and take the gun to a safe place where it can be carefully inspected.)*

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you always assume a gun is loaded, even if someone tells you it is not?
2. Why should you personally check the chamber for cartridges before you are satisfied a gun is unloaded?
3. After you have made certain the gun is not loaded, why would you continue to treat the gun as if it is still loaded?
4. Why should you not handle a gun that you are unfamiliar with before you receive safety instructions on it?
5. Why should you read all safety literature and instructions provided with a gun?
6. Why should you always hand a gun to someone else with the action open? *(so the person can easily determine that the gun is unloaded)*
7. Why should you always ask permission before handling someone else's gun?
8. Why should you never point a gun at yourself, any person, or anything you do not intend to shoot?
9. Why should you always be aware of everyone around you whenever you have a gun in your hand?
10. Why should you not put your finger on the trigger until you have positively identified the target, made the conscious mental decision to fire, and properly aligned the sights on the target?
11. Why should you always be sure of your target, its distance, and what's behind it? *(so you do not shoot something you don't want to hit; so the target is in range of the bullet; so you do not hit something behind the target)*
12. Why should you never shoot when you do not have clear visibility of your target, such as when it is foggy, when there are leaves or bushes obscuring the view, or when there is not sufficient light?
13. Why should you be sure what the backstop is beyond your target?
14. Why should you not shoot at water, flat surfaces, or hard surfaces? *(The bullet may ricochet and injure someone or damage property.)*
15. Why should you not shoot at glass?
16. Why should you wear ear and eye protection when you fire a gun?
17. Why should you only use the exact type and caliber of ammunition specifically recommended by the manufacturer of the gun?
18. Why should you carefully observe the results of each round of bullets you fire before firing again?

19. If you experience a malfunction while firing your gun, why should you have it carefully inspected by a qualified gunsmith before trying to fire it again?

20. Why should you never mix alcohol or drugs with firearms?

21. Why should you not drink anything with caffeine in it if you are going to be shooting a gun?

22. If you keep a gun in your home, why should the gun and the ammunition be kept in separate locations?

23. Why should you keep your gun(s) in a sturdy, tamper-proof enclosure, such as a gun safe?

24. Why should you teach children gun safety?

25. Why should you teach children never to touch a firearm without adult supervision?

26. Why should you teach children that using guns as typically shown on TV and in movies is unsafe and not real?

Home Safety – Auto Maintenance and Repair

Many men and some women have been "weekend auto mechanics," repairing their own vehicles over the years. Auto mechanic work requires good vision, good hearing, dexterity, bilateral strength and balance, good eye-hand coordination, good problem-solving skills, and rapid reactions. Individuals who have sustained neurological damage typically have impairments in one or more of the above areas, which compromises their safety. In addition to the impairments, a person may lack awareness of the deficits or be in denial of them ["I can repair my car as well as I ever could!"]. The following safety questions and answers may help you assist your patient/client with awareness of personal abilities and limitations.

Home Safety Auto Maintenance and Repair

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why is it important to keep a first-aid kit in your garage and in your car?

2. Why could it be more difficult for you now to work safely on your car? *(weakness on one side, poor balance, visual field problems, hearing problems, impaired coordination, forgetfulness, difficulty problem-solving, slowed reaction times)*

3. Why would you not start a car repair project without first knowing what it takes to complete the project? *(Not having all of the right tools, parts, or skills necessary to complete a repair job can cause frustration and taking risks that may cause injury.)*

4. When you work on a car, why would you want to remove the car keys from the ignition? *(to prevent someone from accidentally starting the engine when you are under the hood or under the car, possibly causing you severe injury)*

5. If you think you may need help with a car repair job, why would you not start the job until you get the help?

6. Why should you wear eye protection (glasses or safety glasses) whenever you work around a car engine or under a car? *(to prevent fluids from dripping or splashing into your eyes; to prevent small engine parts or tools falling into your eyes)*

7. Why is it important to be aware of where both hands are at all times when you are working around a car engine? *(It is easy to let fingers or a hand get into moving parts, such as the radiator fan, fan belts, or alternator cooling blades; you can easily touch hot metal.)*

8. Why should you always disconnect the battery when you replace a component, such as an alternator? *(to prevent sparks that may ignite fumes from the battery)*

9. Why would you disconnect the negative cable on the battery instead of the positive cable? *(The negative cable is the ground and is safer to disconnect than the positive cable.)*

10. Why is it always important to use the proper kind and size tool when you work on a car? *(to prevent the tool from breaking or slipping and injuring your fingers or hands)*

11. Why is it important to have a metric wrench and socket set if you are working on an American car? *(Since 1990, most American cars use metric-sized engine and mechanical parts.)*

12. Why should you not try to use American standard-sized tools on cars (including American made) that require metric-sized tools? *(American standard-sized tools do not fit properly on metric components, which may cause a tool to slip and injure your fingers, hand, or arm.)*

13. Why should you wear mechanic gloves if you need to work on an engine while it is still hot? *(The fingertips and palms of mechanic gloves are specially designed for working around hot metal.)*

14. When you work on an engine, why should you always keep track of where your tools are? *(to prevent a tool left on or in the engine from being thrown when the engine is started, causing possible injury)*

15. Why should you be very careful not to let oil, power steering fluid, brake fluid, or transmission fluid drip onto the manifold? *(The fluids can easily catch on fire when they touch a hot manifold or when the manifold heats up; manifolds can reach 600^{o} F.)*

16. Why should you have good air ventilation when you work on a car? *(Engine exhaust can cause carbon monoxide poisoning, which can be deadly; vapors from oil and fluids may not be healthy to breathe, particularly if you have respiratory problems.)*

17. Why is it difficult to detect carbon monoxide (CO)? *(CO is a colorless, odorless, poisonous gas produced during the combustion of carbon or organic fuels; CO combines with blood hemoglobin and reduces the oxygen supply to body tissues, especially the brain.)*

18. Why should you replace a car fuse with another fuse that is the exact same amperage? *(A smaller amperage fuse will burn out quickly; a larger amperage fuse may not burn out when it should, causing an electrical hazard.)*

19. Why should you wear latex gloves when you work with any car fluids (coolant, oil, power steering fluid, brake fluid, transmission fluid)? *(Car fluids may be toxic to the skin.)*

20. Why should you immediately wipe up any oil or fluids that spill onto the engine?

21. Why should you not try to drive your car if you smell gasoline under the hood or in the passenger area? *(Gasoline vapors are very combustible and can easily catch fire; turn off the engine and don't try to start it again until it is checked out by a qualified mechanic.)*

22. Why should you not use starter fluid if your car will not start? *(Starter fluid is made of ether, which is extremely flammable and can cause severe injury.)*

Oil

1. Why do you need a drive-on ramp to change your the oil in your car? *(to get the front of the car high enough off of the ground to have safe clearance when you crawl under the car)*

2. Why would you put the car in park, set the emergency brake, and put a block of wood behind a rear tire before you get under it to change the oil?

3. Why should you not try to change the oil before the engine is cool? *(to prevent getting burned by hot oil)*

4. Why should you wear eye protection when you are under your car draining the oil?

5. Why should you use the proper oil filter wrench to take off the filter? *(The filter comes off easier and without damage; channel lock pliers can damage a filter, causing it to drip oil onto your skin or into your eyes.)*

6. Why should you make sure the oil pan drain plug is reinstalled correctly? *(to prevent the new oil from leaking, which could damage the engine and possibly leave you stranded)*

Transmission Fluid

1. Why should a transmission fluid change be done by a professional? *(The procedure can be complex with a filter involved; you may not know what to look for in terms of problems, causing you to be stranded when driving.)*

Radiator

1. Why should you wait at least a few hours after you turn off the engine to let your car's radiator and coolant cool off before trying to change it? *(Water coolant can remain hot [120°-200°+ F] for several hours after an engine is turned off, particularly on hot days. Water coolant pressure builds up even when an engine is just warm, which can cause coolant or steam to injure the person. Hot radiator fluid can burn and scald the skin.)*

2. Why should you wear eye protection when you work on a radiator or radiator hoses? *(Radiator coolant can irritate or damage eyes.)*

3. Why should you not rub your eyes if you get water coolant in them?

4. Why should you immediately flush your eyes with water for at least 15 minutes if you get radiator coolant in them?

5. Why should you see a doctor if your eyes are burned or severely irritated from radiator coolant?

Fan Belt

1. Why is it dangerous to change your own fan belt? *(If you do not have the proper tool with the proper size, you may injure yourself trying to loosen the pulley to get the belt off. If you do not have good leverage, you can injure your back. You can pinch or smash your fingers if you do not know which direction the unit will swing during its pivot.)*

Battery

1. Why should you be careful of corrosion on the battery terminals? *(Corrosion is battery acid and can burn you.)*

2. Why should you use a strapping removal tool to pull the battery out of your car? *(It holds onto the terminals and allows you to pick up the battery without having to get your fingers under the battery, which could possibly injure your fingers.)*

3. Why should you prevent the battery from tipping over? *(Battery acid could leak out and get on you, causing a severe burn.)*

4. Why should you place the used battery on a sheet of cardboard or plastic? *(to prevent battery acid from getting on the floor and possibly on you)*

5. Why should you make sure your new battery has the same polarity and terminal positions as your old battery? *(so that you do not accidentally reverse the polarity when you connect the cables, causing the battery to explode)*

6. Why is it important for the battery hold-downs to be secure? *(to prevent the battery from coming loose during driving and possibly causing damage to the battery or engine and stranding you)*

Brakes

1. Why should you not attempt to replace brake pads or repair your brakes yourself? *(Brake systems are complex and delicate; any mistakes made during a repair could be deadly.)*

Community – Outside

This section focuses on some of the countless safety risks that exist in everyday encounters when away from home. Many of the safety awareness and problem-solving skills are learned in childhood; however, after neurological impairment, even appropriate, automatic responses may be diminished and more carefully thought-out responses need to be relearned or considered in a more concrete, sequential manner. Since not all possible situations and scenarios can be presented in this manual, you may need to devise questions that are particularly beneficial for individual patients.

Community – Outside General Precautions

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What is the safest location to cross a street? *(at the corner, in a crosswalk)*
2. What should you do as you approach a street corner? *(Look down to gauge the depth and slant of the curb; look both ways for traffic; look for crossing signs.)*
3. What could happen if you don't look both ways before you cross the street?
4. What could happen if you walk between cars to cross a street?
5. What could happen if you go to a park in an unsafe neighborhood?
6. What could happen if you go to a park alone at night?
7. What could happen if you wear uncomfortable shoes when you walk outside?
8. What could happen if you don't walk on the sidewalk?
9. What could happen if you don't watch your young children while they are playing in the park?
10. What could happen if a child does not hold on tight when riding on a merry-go-round?
11. What could happen if a child jumps out of a swing?
12. What could happen if a child gets too close to someone who is swinging?
13. What could happen if a child throws sand at another child in a sandbox?
14. What red flags alert you to be extra careful around a stranger? *(The person stands too close or brushes up against you unnecessarily; the person is unusually and inapprorpriately friendly.)*
15. What can you do to help prevent yourself from being mugged (attacked) in your vehicle? *(Keep doors locked; avoid dangerous neighborhoods. Keep a charged cell phone with you; pretend to be making a call if you think someone is approaching your car while you are stopped. Park in well-lit areas. Look around before getting out; look under and in the car before getting in. Do not leave your car if it breaks down; turn on the emergency flashers, call for assistance, and wait for help.)*

16. What can you do to help prevent yourself from being mugged (attacked) away from your home? *(Travel with a companion; avoid empty buildings, poorly-lit streets, and dangerous neighborhoods; walk confidently at a steady pace, close to the curb and facing traffic.)*

Females Only:

17. How can you avoid having your purse snatched in public?

18. How can a shoulder-strap purse help prevent your purse from being stolen?

19. How could a fanny/waist pack help protect your personal belongings out in public?

20. What style of purse would be the safest for you to carry?

21. What extra protection could you use for your purse in a shopping cart? *(Lace an infant safety belt through the purse handles; don't leave your purse unattended.)*

Community – Outside General Precautions

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you have picture identification with you when you go out?

2. Why should you not be out in the hot sun for very long?

3. Why should you not be outside in cold weather without proper clothing?

4. Why could it be important to carry a cell phone with you when you leave your home?

5. Why should you cross streets only at crosswalks?

6. Why should you wait for the crosswalk sign to tell you when to begin crossing a street?

7. Why could it be dangerous to walk out of a bank counting your money?

8. Why should you never walk alone in a park at night?

9. Why should you avoid walking in dangerous parts of the town (city)?

10. Why should you leave pets home on a very hot or cold day?

11. Why should you never leave a child alone in a car?

12. Why is it important to drink plenty of fluids during hot weather?

13. Why should you wear a hat in hot weather? In cold weather?

14. Why should you have your keys in your hand when you walk to your car?

15. Why should you not leave your car running when you get out to run into a store for a minute?

16. Why would you have a hide-a-key for your car?

17. Why should you be very careful when walking around any new construction?

18. Why should you watch your step as you approach a street corner? *(to gauge the depth and slant of the curb)*

19. Why should you not walk between cars to cross a street?

20. Why should you go to a park only in a safe neighborhood?

21. Why should you wear comfortable shoes when you walk outside?

22. Why should you walk on the sidewalk when you go for a walk?

23. Why should you look both ways before you cross a street?

24. Why should you not wear a backpack-style purse?

25. Why should you not carry large amounts of cash on you?

26. Why should the closure of your purse be facing toward your body?

27. Why could an open-style handbag be tempting to a thief?

28. Why could it be helpful after you withdraw money from an ATM to get back into your car immediately, lock the doors, and start the engine before you do anything else with the money?

29. Why should you not leave your purse or wallet in your grocery store cart?

Community – Outside | General Precautions

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if the sidewalk in front of your home was uneven and you fell down? How would you get up?

2. What would you do if you were outside and a stray, snarling dog started coming toward you?

3. What would you do if you were at a park by yourself and started feeling some chest pains?

4. What would you do if you were walking a few blocks from your home and it started to rain, but you did not have an umbrella?

5. What would you do if you were out walking and somehow your glasses got broken?

6. What would you do if you could not see well enough to get home on your own?

7. What would you do if you fell down while crossing a street and could not get up?

8. What would you do if your transportation did not arrive to take you where you needed to go?

9. What would you do if you were outside and it started thundering and lightning?

10. What would you do if you had to walk in a neighborhood you did not know?

11. What would you do if someone you did not know approached you in a parking lot?

12. What would you do if you found a box of candy on the sidewalk?

13. What would you do if someone stopped his car to ask you directions, but you felt uncomfortable talking to the person?

14. What would you do if you needed to take a bus but you did not know which one to take?

Community – Outside Severe Weather

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What kind of things should you have in a storm shelter? *(enough supplies for each person for 72 hours, including the following list of items)*

   - water (one gallon per person per day)
   - water purification tablets
   - first-aid kit
   - current medications, plus aspirin and non-aspirin pain relievers, antacids, etc.
   - flashlights with extra batteries
   - battery-powered radio and clock with extra batteries
   - sanitation supplies [soap, liquid detergent, disinfectant, bleach, hand cleaner, oral care items, feminine supplies, portable toilet, toilet tissue]
   - plastic garbage bags with ties
   - special needs items for infants, elderly, or disabled people
   - extra pairs of glasses and contact solution
   - clothing and bedding
   - copies of important papers and documents
   - paper and writing utensils

- general credit card and cash
- basic tools [utility knife, hammer, screwdriver with multiple tips, pliers, wrench, duct tape, scissors, rope]
- fire extinguisher
- plastic bucket with lid
- ice chest
- eating utensils
- manual can opener
- aluminum foil
- nonperishable foods stored in plastic containers (canned meats, fruits, vegetables, soups, dried fruits, nuts, salt, spices, powdered or evaporated milk, sugar)
- matches or lighter
- Sterno
- reading material
- whistle
- compass

2. What should you keep in the trunk of your car if you live in a cold climate? *(warm shoes, change of clothes, flashlight, extra batteries, rain poncho, battery-operated radio, blanket)*

3. What kind of tires give you the best traction in snow?

4. What kind of special tires are helpful when roads are icy?

5. What can you put on regular tires to give you better traction in the snow?

6. What could you wear on your feet to prevent them from getting cold and wet?

7. What layers of clothing do you like to wear to keep you warm when it is freezing outside?

8. What temperature setting for your thermostat at home is comfortable for you when it is cold outside? When it is hot outside?

9. What do you use to get ice and snow off of your windows before you begin to drive?

10. What is frostbite? *(superficial chilling or freezing of the skin)*

11. How can you tell if you are starting to get frostbite? *(The skin is cold and turns whitish or mottled and feels firm to the touch.)*

12. How can you tell if frostbite is getting more severe? *(The flesh feels hard and cold and the skin turns grayish-yellow to grayish-blue.)*

13. What should you do if you start getting frostbite? *(Warm the part directly against your own body, such as putting your fingers under your armpits; go indoors immediately.)*

14. What should you do if the frostbite is more severe? *(Do not rub the body part; try to warm it slowly in water no hotter than 105° F [40.5° C]. When the skin starts turning red or blue, gently pat it dry and cover it with a clean cloth. Place pads between your fingers and toes if they are frostbitten.)*

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you keep at least half a tank of gas in your car at all times if you live in a cold climate? *(less likely to run out of gas if you are stranded and need to keep your engine running for warmth)*
2. Why do some people who live in cold climates carry cat litter or sand in their vehicles? *(to help with tire traction in snow or on ice)*
3. Why would you use a cell phone instead of a land line during a storm?
4. Why would you move away from windows during a storm?
5. Why would you stay away from standing water during a thunderstorm?
6. Why would you go inside a building during a storm?
7. Why would you not stand underneath a tree during a thunderstorm?
8. Why would you crouch down if you were outside during a thunderstorm?
9. Why would you not keep driving down a road if power lines were down?
10. Why would you not hold onto anything metal during a thunderstorm?
11. Why should you know the location of the nearest shelter?
12. Why should you store extra batteries for flashlights?
13. Why should you make sure a portable radio and a flashlight are in good working condition?
14. Why would you store a supply of plywood?
15. Why would you store a supply of heavy (duct) tape?
16. Why would you keep a two-week supply of essential medicines?
17. Why would you have blankets among your emergency supplies?
18. Why would you keep a supply of bleach?
19. If a storm is approaching, why would you unplug major electrical appliances?
20. If a flood is likely, why would you move important, moveable objects to a higher place?
21. During a heavy storm, why would you keep a couple of windows cracked open slightly on the side of your home away from the storm? *(to prevent the inside/outside air pressure difference from causing damage)*
22. Why would you avoid driving rapidly through water on the road? *(Water splashed onto the engine may cause it to stop. The water current may be swift enough to carry your car away.)*

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

Pretend you are inside a building and an earthquake begins.

1. Why should you get under a table, desk, or bed?
2. Why should you stand in a doorway or a corner? *(more support than a wall)*
3. Why should you keep away from windows, mirrors, glass, and light fixtures?
4. Why would you keep away from bookcases, tall cabinets, and fireplaces?
5. Why should you keep an emergency kit up to date?
6. Why should you have a supply of canned food and bottled water?
7. Why should you avoid power poles if you are outside during an earthquake?
8. Why should you stay in your car if you were driving when an earthquake struck?
9. Why should you make sure sewage lines are intact before flushing a toilet?

Now pretend the earthquake is over.

1. Why should you avoid striking a match?
2. Why should you avoid using your home phone?
3. Why should you notify relatives of your safety?
4. Why should you stay alert and cautious?
5. Why should you check your home carefully? *(to see if there are any fires, structural damage, or damage to gas or electrical lines or appliances)*
6. Why should you open any doors or cabinets carefully?
7. Why should you immediately turn off the main gas valve and open all windows and doors if you smell gas?
8. Why should you call the gas company if you smell gas?
9. Why should you shut off the circuit breakers to your home if you see electrical wires are shorting out or light fixtures have loosened?
10. Why should you shut off the water supply's main valve if any water pipes are broken?

Community – Outside Severe Weather: Floods

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you were listening to the news and they warned you about a flood in your area? *(Prepare for evacuation. Fill your car's gas tank and stock the car with food, water, warm clothes, blankets, flashlights, a first-aid kit, and essential medicines. Rinse bathtubs, sinks, and jugs with household bleach and fill them with clean water for drinking. Shut off the electric power and gas valves to your home.)*

2. What would you do if you were in the middle of a flood? *(Listen to a portable radio for information and instructions. Don't drive through flood water. If you have a two-story home, go to the top floor with food, water, and supplies.)*

3. What would you do if you were in your car during a flood? *(Do not drive through water; it may be deeper and moving faster than you expect. Get to higher ground. Listen to the radio for flood information.)*

4. What would you do if your car stalled in a flood? *(If the water continues to rise or you think your car may get swept away, get to the roof of the car or consider abandoning it and making your way to higher ground.)*

5. What would you do after a flood was over? *(Check your home for damage, particularly structural. If you smell gas, shut off the main gas valve, open all of the doors and windows to let the gas escape, and go outside. Report the leak to the gas company. Throw out all food that has been touched by flood waters. Boil all drinking and cooking water for 10 minutes.)*

Community – Outside Severe Weather: Hurricanes

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you evacuate during a hurricane threat, especially if you live on a beach?

2. Why should you store, but have easy access to, a hurricane lantern that has plenty of fuel?

3. Why should you turn off electrical power to your pool if there is a hurricane? *(A power line to the pool could break, making the water an electrical hazard.)*

4. During the lull after the first blast of a hurricane, why should you stay inside your home? *(A calm period, the eye of the storm, follows the first flurry – followed by the second wave of the storm.)*

5. Why should you avoid sightseeing after a hurricane? *(to stay out of the way of rescue workers)*

6. After a hurricane, why should you boil water before using it? *(The water may be contaminated.)*

Community – Outside Severe Weather: Hurricanes

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if there was a hurricane watch? *(Make sure all family members and pets are accounted for. Stay tuned to weather bulletins. Fill your car's gas tank. Secure all outdoor furniture. Check that you have the following supplies: emergency food and water; a portable radio; a flashlight; extra batteries; candles; matches/lighters; a first-aid kit; family medications; masking tape for covering small windows; plywood or shutters and any necessary tools for covering large windows and doors.)*

2. What would you do if there was a hurricane warning? *(Bring all loose, heavy outdoor objects inside or anchor them. Cover windows; wedge sliding glass doors shut. Stay away from indoor windows and glass doors. Leave low-lying areas that may be caught by high tides and waves.)*

3. What would you do if you had to evacuate during a hurricane? *(Take food, water, warm clothing, blankets, a first-aid kit, a battery-operated radio, and important documents like birth certificates and insurance policies. Leave pets with food and water unless shelters will admit them. Lock all doors and windows. Shut off the gas, water, and electricity.)*

4. What would you do after a hurricane had passed? *(Be certain it is really over; you may be experiencing the calm in the eye of the hurricane; listen for the official all-clear and for other emergency information before going outside. Avoid loose or dangling wires; report them to the power company or emergency personnel. If the power has been off, make sure that refrigerated and frozen food has not spoiled. Do not drink your water until it has been officially declared safe; boil the water for 10 minutes, if necessary.)*

Community – Outside Severe Weather: Thunderstorms

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you were swimming and noticed the sky was darkening rapidly and thunderclouds were approaching? *(Get out of the water at the first sign of lightning or thunder. Stay away from metal fences or flagpoles; find indoor shelter or get into a car. Stay out of the water for at least 30 minutes after the lightning has ended.)*

2. What would you do if you were near your home or another building and noticed the sky was darkening rapidly and thunderclouds were approaching? *(Make sure all children and adults are accounted for. Secure outdoor furniture. Go indoors. If the storm is severe with frequent and close lightning bursts, get to a basement or an interior room. Stay away from windows. Keep away from objects that may conduct electricity, such as radiators, pipes, and metal door frames. Do not take a bath or shower during a storm; water conducts electricity and walls do not always protect from the high energy of a lightning bolt. Do not get close to electrical appliances, such as plug-in radios and TVs; use battery-operated radios. Restrict calls to cell phones. Do not stand on the roof.)*

3. What would you do if you were in an open field or on a golf course and noticed the sky was darkening rapidly and thunderclouds were approaching? *(Drop any metal object you may be holding, including a golf club, and get away from it. If you feel your hair start to stand on end or your skin tingle, or if you hear cracking sounds, lightning may be about to strike you. Drop down quickly; bend forward with your feet together and your hands on your knees. Do not lie flat; make yourself as small as possible and have minimal contact with the ground.)*

4. What would you do if you were riding a bicycle and noticed the sky was darkening rapidly and thunderclouds were approaching? *(Get off and away from the bicycle; find indoor shelter.)*

Community – Outside Severe Weather: Tornados

***FIM*™ / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What should you be on the alert for during a tornado watch? *(rotating, funnel-shaped clouds or a rotating haze or dust with debris pulled up from the ground; a loud roar like a train or a jet)*

2. Who should you contact if you see a tornado? *(local police or the nearest office of the National Weather Service)*

3. How can you get information about a tornado watch? *(Listen to local radio or TV stations.)*

Community – Outside Severe Weather: Tornados

***FIM*™ / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why would you keep listening to your radio or TV if there was a tornado warning? *(for National Weather Service advisories)*

2. Why would you go to an underground storm shelter if there was a tornado warning?

3. Why would you avoid areas with a lot of windows and glass during a tornado?

4. If you were inside a large building during a tornado, why would you go to an interior hallway on the lowest floor? *(You would likely have the most protection there.)*

5. If you were outside when a tornado struck, why would you lie in a ditch or ravine? *(so that you will be below ground level and some of the flying debris and wind will not hit you)*

Community – Outside Severe Weather: Tornados

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if there was a tornado warning and you were inside your home? *(If available, go into a storm shelter or basement [See p. 133 for a list of recommended items to be kept in a storm shelter]; if not available, go into an interior room, such as a bathroom, hallway, or closet. Get as many walls between you and the tornado as possible. Lie under something sturdy, such as a table, to protect yourself from falling debris.)*

2. What would you do if there was a tornado warning and you were inside your car? *(Don't try to outrun a tornado in a car. Get out of the car and move away from the tornado at a right angle. Lie facedown in a ditch or depression and cover your head with both arms.)*

Community – Inside

When people leave home, they often go to another building. This section focuses on some of the safety concerns that individuals, particularly those with neurological impairments, need to think through carefully in order to be aware of and problem-solve for their safety.

Community – Inside General Precautions

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you ask for assistance when you cannot reach something on a high shelf in a store?
2. Why should a child not stand up in a shopping cart?
3. If you see broken glass in a store aisle, why should you report it to store personnel?
4. Why should you not buy cans of food that are unusually dented or bulging?
5. If you are in a store and start feeling very tired or dizzy, why should you find a place to sit down?
6. If you noticed that your food in a restaurant had a hair or an insect in it, why would you return it?
7. Why should you watch your children closely in a mall?
8. Why should a child not talk to strangers?
9. Why should a child not take candy or toys from a stranger?
10. Why should a child not get into a car with a stranger?
11. Why should you not leave a cart of groceries you have paid for unattended?
12. Why is it sometimes a good idea to use a motorized riding cart in a grocery store?
13. Why should you not buy a carton of cottage cheese if the seal has been broken?
14. Why should you question someone who comes up to you in the store and tries to sell you something really cheap?
15. Why would you refuse someone who offers to carry your groceries to the car who is not a store employee?
16. Why should you ask a grocery store clerk to accompany you out of a store at night?
17. Why would you not go to your car alone if you noticed a stranger hanging around your car?
18. Why is it not safe to go to an ATM machine at night, especially in poorly lit or secluded areas?
19. Why is it important to shield (hide) your PIN (personal identification number) when you use an ATM or store debit machine?

20. Why should you notice where the fire exits are if you are in a high-rise building, theater, restaurant, or any public place?

21. Why would you not use an elevator if a fire breaks out? *(Heat or a power failure can make it stall or go to the floor that is burning.)*

22. If you were in a hotel or motel, why would you count the number of doors to the exit and fire-alarm box? *(in case you can't see well during a fire)*

23. If you were in a hotel or motel, why would you keep your car keys, a flashlight, and your cell phone on the bedside table at night? *(to help you see your way out and drive away if necessary)*

Community – Inside General Precautions

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you were in a grocery store and you couldn't walk around the store very well?
2. What would you do if you found something spilled on the floor of a store?
3. What would you do if you couldn't reach something on a shelf?
4. What would you do if the carton of milk you picked up had an expired freshness date on it?
5. What would you do if you picked up a bag of flour that had a hole in it?
6. What would you do if the package of beef you picked up looked brownish rather than reddish?
7. What would you do if the package of chicken you picked up had a funny smell to it?
8. What would you do if you were in a mall and became separated from the person you came with?
9. What would you do if you lost a child in a mall or in a large store?
10. What would you do if the person who was supposed to pick you up at the mall and drive you home wasn't there at the time you had set?
11. What would you do if a stranger approached you and said he had been sent to give you a ride home from the mall?
12. What would you do if you thought you lost your purse or wallet in the mall?
13. What would you do if you thought someone was following you while you were walking around the mall or a large store?
14. What would you do if you locked your keys in your car?
15. What would you do if you were in a store and started feeling your arm or leg getting weak?
16. What would you do if you accidentally broke a glass bottle while you were in a grocery store?

17. What would you do if you wanted to go down a grocery store aisle, but there was a wet area you would need to go across?
18. What would you do if you were in a restaurant and spilled some hot coffee on yourself?
19. What would you do if you were in an unfamiliar department store and needed to find a restroom?
20. What would you do if you did not have enough money to pay for an item while you were shopping?
21. What would you do if your restaurant salad had some dirt on the leaves?
22. What would you do if you saw someone shoplifting from a store?
23. What would you do if an elevator you were in got stuck between floors?
24. What would you do if you were going to enter an elevator and a person inside looked threatening?
25. What would you do if you noticed some unusual items on your bank statement?
26. What would you do if you lost your bank card or credit card?
27. What would you do if you found out someone was using your credit card illegally?
28. What would you do if you thought you were given a $20 bill that was counterfeit?
29. What would you do if you thought a clerk in the store gave you the wrong change?
30. What would you do if someone called you and said you had won a prize, but you needed to pay some money to get the prize?

Community – Inside Hair Salon

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

Note: These questions may be more appropriate for a female.

1. Why would you ask how long an appointment for a permanent will take?
2. Why should you make sure your neck is well supported while your hair is being washed?
3. Why should you test new hair-care products before using them? *(to see if you are allergic to them)*
4. Why should you tell your hairstylist if the dryer is too hot?
5. Why would you choose to use curlers rather than a curling iron?
6. Why should you tell your hairstylist what kind of hairspray you use? *(to avoid an allergic reaction to a hairspray you have not used before)*
7. If you use a wheelchair, why would you sit in the salon chair rather than your wheelchair while you are having your hair done? *(The height of the salon chair is adjustable.)*

General Precautions

This section focuses on general safety precautions and problem-solving that may be required in a variety of areas in a person's activities of daily living. Important safety considerations for OSHA regulations are also included.

General Precautions – Driving

Driving may be one of the most cognitively challenging tasks people do every day. All aspects of cognition come to bear during even a short drive:

- arousal
- attention – alertness, selective attention
- memory – immediate or working memory, recent memory, long-term memory
- orientation to person, place, time, and purpose
- sequencing
- organizing information
- reasoning
- judgment
- problem-solving skills

Like other dangerous tasks, driving requires good vision (including peripheral vision), good hearing (to hear the sound of other cars and emergency vehicles), dexterity and adequate strength of at least one hand and arm, good eye-hand coordination, good problem-solving skills, and rapid reaction time. Individuals who have sustained neurological damage typically have impairments in one or more of these areas, which compromise their driving safety, causing high risks to themselves and others. In addition, individuals may lack awareness of their deficits or be in denial of them ("I can drive as well as I ever could!").

The responses to the questions that your clients/patients provide may make them aware of their driving limitations. In addition, the information you obtain can help document a person's knowledge and understanding of driving laws, rules, and restrictions for other professionals as well as family members. Obviously, a practical (hands-on) driving test must be conducted by the proper officials. The information for the following questions is based on the 2008 *California Driver Handbook*. **Some laws, rules, and restrictions may vary across states/provinces.**

General Precautions Driving

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What documentation do you need to have with you whenever you drive? *(driver's license, proof of insurance, registration card)*
2. What can you do to avoid locking your keys in your car? *(Always double-check that you have your keys in your hand before you lock the door; carry a spare key or a credit card plastic key from an auto club, such as AAA.)*
3. What are the most common causes of accidents? *(driving too fast, driving on the wrong side of the road, improper turns, violating the right-of-way rules, violating stop signals and signs)*
4. What three things can you do to avoid a coming accident? *(Stop quickly, turn, or speed up.)*

Traffic Control at Intersections

1. What does a red signal light mean?
2. What do you need to do before you make a right turn against a red light? *(Stop completely; yield to pedestrians and vehicles in your path. [Note: Not all states allow a right turn on a red light.])*
3. When can you not make a right turn on a red light?
4. What does a red arrow mean?
5. What does a flashing red arrow mean?
6. What does a flashing red light mean?
7. What does a yellow signal light mean?
8. What does a flashing yellow signal light mean?
9. What does a green light mean?
10. What does a green arrow mean?
11. What do you need to do if all traffic signal lights are not working at an intersection? *(Stop at the intersection and proceed when you know other vehicles or pedestrians have stopped; treat it the same as a stop-sign intersection.)*

Pedestrian Signals

1. What does "WALK" or a "walking person" mean on a pedestrian signal?
2. What does "DON'T WALK" or a "raised hand" mean?

Traffic Signs

1. What does an eight-sided, red, stop sign mean*? (Make a full stop before entering a crosswalk or cross a white "limit line"; check for traffic before crossing.)*
2. What does a triangular, red and white sign mean? *(Slow down; be ready to stop; let traffic and people pass before you go ahead.)*
3. What does a red circle with a red line through it always mean? *(No, do not proceed; the picture inside the circle shows what you cannot do, such as make a U-turn.)*
4. What does a round sign with a cross through it and two Rs on it mean? *(railroad crossing ahead)*

Right-of-Way Rules

1. What is the basic right-of-way rule? *(Never insist on taking the right of way.)*
2. What should you do if you arrive at a stop-sign intersection at the same time as another vehicle? *(Yield to the vehicle on your right; go first if you are on the right.)*

3. What should you do if you are turning left with cars approaching? *(Give the right-of-way to vehicles close enough to be dangerous; turn only when it is safe.)*

4. What should you do when you drive onto a road from the shoulder? *(Yield the right-of-way to oncoming vehicles until it is safe to turn onto the road.)*

Speed Limits

1. What is the basic speed law? *(Never drive faster than is safe for the present conditions, regardless of the posted speed limit.)*

2. What is the maximum speed in this state/province?

3. What lane should you be in if you are driving slower than the other cars?

4. What is the speed limit near a school? *(25 miles per hour; slower in some areas)*

5. What do flashing red lights on a school bus mean? *(Stop until the children getting on are seated or the children getting off are a safe distance away from the street.)*

6. What is the speed limit in residential and business districts? *(25 miles per hour; slower/faster in some areas)*

Use of Lanes

1. What does a solid white or yellow line painted on the pavement between lanes mean? *(Stay to the right of the line; do not cross the line.)*

2. What do two solid white or yellow lines mean? *(No passing; stay on your side of the road except when turning left at an intersection or into or out of a private road or driveway.)*

3. What does a broken white or yellow line mean? *(You may pass another vehicle when it is safe.)*

4. What should you do before you change lanes to pass a vehicle? *(Check your mirrors and turn your head to check beside your vehicle.)*

5. What is a blind spot? *(an area behind or beside you that you cannot see easily with your mirrors or when turning to check traffic)*

6. How many people must be in your vehicle to use a carpool lane?

7. What do cones in the road mean? *(traffic lanes are being used differently than normal)*

Turns

1. When should you use your turn signals? *(whenever you turn or change lanes)*

2. How long should you signal before you begin to turn or change lanes? *(100 feet before you turn or at least five seconds)*

3. What should you do with your turn signal after you have made a turn? *(If it has not turned off automatically, turn it off.)*

4. What do you need to do before you start to make a turn?

5. What lane must you use to turn left if a street has a left-turn lane?

6. What lane must you use to turn right?

7. What lane must you be in to make a U-turn?

Parking

1. Which direction should you turn your front wheels if you park headed downhill? *(Turn them into the curb or toward the side of the road; set the parking brake.)*

2. Which direction should you turn your front wheels if you park headed uphill*? (Turn them away from the curb or the side of the road; let the vehicle roll back a few inches until the rear of one front wheel lightly touches the curb; set the parking brake.)*

Safe Driving Practices

Looking Ahead and Following Distance

1. About how far should you look ahead of your car? *(In order to avoid last-second moves, you need to look where you car will be in 10-15 seconds at the speed you are traveling, scanning the sides of the road at the same time. In the city, 10-15 seconds is about one block; on the highway, 10-15 seconds is about ¼ mile.)*

Looking to the Sides

1. When should you carefully look to the sides of the road? *(anytime you come to a place where people may cross or enter your path, e.g., intersections, crosswalks, side streets, alleys, freeway entrances, driveways, shopping center entrances)*

Looking Behind

1. When should you check your rearview mirrors? *(often; when you want to see what is behind you, how close it is, and how fast it is traveling; whenever you change lanes, slow down quickly, or back up)*

Having Clear Windows and Mirrors

1. What happens to your vision when your windows and mirrors are dirty?

2. What should you do if you have snow, ice, frost, or dew on your windows?

Adjusting Your Seat and Mirrors

1. When should you adjust the car seat, seat belt, and mirrors? *(before you start the car)*
2. What can happen if you try to adjust the car seat, seat belt, or mirrors after you start driving? *(may have an accident)*
3. What adjustment should you make on the rearview mirror when you drive at night?
4. What does the mirror's night setting do? *(reduces headlight glare from cars behind you)*

Wearing Glasses or Contacts

1. Who should you see about wearing glasses or contacts? *(eye doctor)*
2. What must you do if your driver's license says you need to wear corrective lenses when you drive? *(Wear them; you may be fined if you drive without them.)*
3. What would sunglasses or dark glasses do to your vision at night? *(make everything darker and harder to see)*

Driving with Poor Visibility

Darkness

1. What is the basic rule about speed when you drive at night? *(Slow down because you cannot see as far.)*
2. What kind of motor vehicle is hardest to see at night? *(a motorcycle because most have only one headlight)*
3. What distance must you stay behind another vehicle? *(the distance that is safe for your speed and the distance lit by your headlights)*
4. When do you need to turn on your headlights? *(when it is raining, snowing, or foggy; at dusk)*
5. When may you turn your headlights off in the morning? *(at dawn)*
6. What headlight beam should you use when it is raining? *(low beam)*
7. When is it legal to drive at night with only your parking lights on? *(never)*
8. What can you do with your headlights to avoid blinding a driver coming toward you? *(Dim your lights by switching to low beams before you are 500 feet from a vehicle coming toward you.)*
9. What can you do with your headlights to prevent mirror glare for a driver traveling ahead of you? *(Dim your lights when you are within 300 feet.)*

10. What could happen if you look directly into oncoming headlights? *(You could be temporarily blinded, which could cause a collision.)*

11. Where should you look to avoid being blinded by oncoming headlights? *(Look toward the right edge of your lane; watch the oncoming car out of the corner of your eyes.)*

12. What could happen if you try to "get back" at another driver who is keeping his bright lights on by keeping your bright lights on? *(Both of you may be temporarily blinded, which could cause a collision.)*

Fog

1. What is the best advice about driving in fog? *(Postpone driving until the fog clears.)*

2. What do you need to do if you must drive in the fog? *(Slow down; turn on the low-beam headlights [high-beam lights will reflect back and cause glare] or use fog lights. Increase your following distance; be prepared to stop within the space you can see in front of your car. Avoid crossing or passing lanes of traffic unless absolutely necessary. Turn off the radio, keep everyone in the car quiet, and listen for traffic you cannot see. Use the windshield wipers and defroster when needed.)*

3. What should you do if the fog becomes so thick that you can barely see? *(Pull completely off of the road; do not continue driving until you can see better. Turn off your lights and keep your foot off of the brake pedal because someone may see your taillights and drive into you.)*

Heavy Rain or Snowstorm

1. What speed should you drive if you cannot see more than 100 feet in front of you? *(30 mph)*

2. What can happen to roads when it first starts raining or snowing? *(Road pavements often become very slippery because oil and dirt have not been washed away.)*

3. What can you do when it is raining or snowing to help other drivers see your car? *(Turn your headlights on low beam.)*

4. What should you do if you have too much snow or mud on your windshield, headlights, or taillights? *(Stop occasionally to clean them off.)*

5. What do you need to store in your car if you live in a snowy area? *(windshield scraper, blanket, small shovel, sand or kitty litter, tire chains [where legal])*

6. What do you need to check on your tire chains before you carry them in your car? *(Check that you have the right number of chains; some states may allow more than just two on a car. Make sure the chains are the right size for your vehicle, they are in good condition, and you know how to put them on your tires.)*

7. Which wheels should you put tire chains on? *(drive wheels)*

Hills and Curves

1. What should you do when you approach the top of a steep hill or a sharp curve? *(Slow down and be ready to stop because there may be a vehicle stalled on the road just over the hill or around the curve.)*

Horn and Emergency Signals

1. When should you honk your car horn? *(only when necessary to avoid accidents)*
2. What could happen if you honk your horn at a driver because he has made a driving mistake? *(Your honking may upset him so much that he makes more mistakes.)*
3. Where should you pull off the road if you are having car trouble? *(shoulder of road)*
4. Where should you stop if you cannot get completely off the road? *(Stop where people can see you and your car from behind; don't stop just over a hill or just around a curve.)*
5. What lights should you turn on if you have pulled to the side of the road? *(emergency flashers to show a hazard is ahead; left-turn signal if the car does not have flashers)*
6. What else could you do to show that you are having car trouble? *(Raise the hood.)*
7. Where should emergency flares or triangles be placed? *(200 to 300 feet behind the car)*
8. What should you keep flares away from? *(flammable liquids)*

Keeping Space Cushions

Cushion Ahead

1. What is the "four-second rule"? *(When the car ahead of you passes a certain point, such as a sign, count "one-thousand-one, one-thousand-two, one-thousand-three, one-thousand-four." If you pass the same point before you finish counting, you are following too closely.)*
2. When should you allow yourself more than a four-second cushion? *(when you are driving at higher speeds; on slippery roads; when following motorcycles; when a car is passing you and you need to make room in front of your car for the driver to move into; when pulling a trailer or a heavy load that makes it harder to stop; when following large vehicles that block your view ahead; when you see a bus or vehicle carrying hazardous materials; when merging onto a freeway)*

Cushion to the Side

1. What is the blind spot of a car? *(an area to the side of the car that you cannot see easily with your mirrors or by turning your head)*
2. What could happen if you drive in the blind spot of another driver? *(The other driver may not see your car and could change lanes and hit you.)*

3. What can you do to help a driver who is pulling onto a freeway while you are in the slow lane? *(Slow down so the driver can pull onto the freeway; move into the passing lane.)*

4. What is a safe strategy to use when a bicycle rider is near your car? *(Be extra careful; give him plenty of room; watch for any indication he may turn quickly.)*

Cushion for Problem Drivers

1. Who are some people that you should give some extra room to? *(drivers who are distracted, such as delivery persons, construction and road repair workers, children, and drivers who are talking, looking at maps, or trying to take care of children; drivers who are confused, such as tourists or people who are lost; drivers who are speeding, tailgating, or driving recklessly; drivers who are driving too slowly or slowing down for no apparent reason)*

Seat Belts and Child Safety Seats

1. When should you wear a seat belt?

2. What is the proper way for a pregnant woman to wear a seat belt? *(Wear the lap belt as low as possible under the abdomen and the shoulder strap between the breasts and to the side of the stomach.)*

3. What should a child weighing less than 80 pounds sit in when in a vehicle?

4. Which seat is generally the safest for a child under 12 years old or under 80 pounds?

Merging, Passing, and Entering Traffic

Space to Merge

1. What do you need to do before you enter traffic? *(Signal and be sure you have enough room to enter safely.)*

2. Who has the right of way when you are merging onto a freeway?

3. What could happen if you try to squeeze into a gap too small when entering a freeway?

4. What should you do if you have to cross several lanes? *(Take one lane at a time; filter through traffic slowly.)*

Space to Exit

1. What should you know about your exit before you enter a freeway? *(the name of the exit and the exit that comes before it)*

2. What is the safest procedure to exit a freeway? *(Signal and change lanes one at a time until you are in the proper lane to exit; signal your intention to exit approximately five seconds before you exit; exit at a safe speed.)*

Space to Pass and Return

1. On what kind of road should you avoid passing other vehicles? *(two-lane roads because you must enter the lane for oncoming cars)*

2. In what locations should you avoid passing another vehicle? *(crossroads, railroad crossings, shopping center entrances, hills, curves, residential areas)*

3. What would you look for after you have passed a vehicle to be certain you have enough room to return to your driving lane? *(Look for the vehicle in the rearview mirror; when you can see both headlights, you have enough room to enter your driving lane.)*

4. When two cars meet on a steep mountain road and neither one can pass, which car should back up to a place where the cars can pass? *(the car driving downhill because the driver going downhill has more control when backing)*

Sharing the Road

Large Trucks and RVs

1. What could happen if you pulled in front of a large truck? *(The truck may not be able to stop and could rear-end you.)*

2. What can you do to avoid driving in a truck's blind spot? *(Do not drive in an area where you can't see the truck driver's head in his mirrors.)*

3. What could happen if you cut off a truck in traffic to reach your exit or turn? *(The truck may need to slow down rapidly, which is dangererous for all of the vehicles around it.)*

4. What affect does a truck's size have on the speed it appears to be traveling? *(Large trucks often appear to be traveling at a slower speed than they actually are, which may cause you to over-estimate the time and distance between you and the truck.)*

School Buses

1. What must you do when you come upon a school bus stopped on either side of the road with flashing red lights? *(stop)*

2. Where are the flashing, red lights on a school bus? *(at the top front and top back)*

3. How long must you remain stopped when the red lights are flashing on a school bus? *(until they are turned off)*

4. In what situation do you not have to stop when the red lights are flashing on a school bus? *(if it is on the other side of a divided highway)*

Emergency Vehicles

1. What emergency vehicles must you give the right-of-way? *(police cars, fire engines, ambulances, or any emergency vehicle using a siren and a red light)*

2. What must you do when you hear a siren or see an emergency vehicle with flashing lights? *(Pull as close to the right edge of the road as possible and stop until the emergency vehicle has passed. Do not stop in an intersection; continue through the intersection and then pull to the right as soon as you can.)*

3. How much distance must you keep behind an emergency vehicle that is traveling in front of you? *(300 feet)*

4. What could happen if you are "sight-seeing" at the scene of a fire, accident, or other emergency? *(You could interfere with the essential services of police, firefighters, ambulance crews, or other rescue or emergency workers.)*

5. What must you do if a police officer or firefighter gives you traffic directions or orders that conflict with signs, signals, or laws? *(You must obey the directions or orders given by the emergency personnel.)*

Slow Vehicles

1. What slow vehicles might you see on the road? *(farm tractors and equipment; maintenance vehicles; large trucks and small, underpowered cars on long, steep hills; animal-drawn vehicles)*

Motorcycles and Bicycles

1. What makes motorcycles more dangerous than cars? *(They require exceptional handling ability. They are hard to see, particularly in a driver's blind spots. They tend to pass between cars on roads. Road conditions that are minor problems for cars can be major hazards to motorcycles, such as potholes, gravel, wet or slippery surfaces, pavement seams, and railroad crossings. Motorcycle accidents often result in severe injuries.)*

2. What direction must a bicycle rider travel?

3. What turn lane must a bicycle rider use to make a left turn?

4. How much space should you have between you and a bicycle when you are passing a bicycle? *(Have at least three feet; do not try to squeeze past the bicycle.)*

Pedestrians and Road Workers

1. When should you stop for pedestrians and road workers?

2. What should you do when you see a road worker? *(Be prepared to slow down or stop.)*

3. What do orange signs or cones tell you? (*to slow down and possibly change lanes)*

4. What could happen if you stop or slow down to watch road work? *(You may create a traffic hazard or interfere with the flow of traffic.)*

Railroad Crossings

1. What should you do when you approach railroad tracks? *(Look and listen for trains in both directions; be ready to stop if necessary.)*
2. What could happen if you stopped on a railroad track? *(By the time a train saw you, it would be too late for it to stop.)*
3. What vehicles must stop before crossing railroad tracks? *(buses, school buses, and large trucks carrying hazardous loads)*
4. What do flashing red lights at a railroad crossing mean? *(stop)*
5. How far must you stop away from a railroad track? *(at least 15 feet)*
6. When is it safe to start driving across a railroad track after you have stopped? *(when you can see clearly in both directions because there may be a second train coming from either direction; when the crossing gate goes back up and the lights stop flashing)*

Cell Phones and Text Messaging

1. What can happen if you try to dial, talk, or text message on your cell phone while driving? *(become distracted, drive erratically, fail to use turn signals, cause an accident)*
2. How can you avoid potential problems or accidents when using your cell phone in your car? *(Pull over to the side of the road to use the cell phone. Know how to use your cell phone and its features; use hands-free devices. Don't use the cell phone during hazardous conditions. Pay attention to the road; don't look up phone numbers or take notes from callers when driving. Don't engage in distracting, stressful, or emotional conversations; tell a caller that you are driving and will call back later.)*

General Precautions Driving

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you have picture identification with you when you drive?
2. Why should you always fasten your seat belt when you get into a car?
3. Why should you check the gas gauge before you begin to drive somewhere?
4. Why should you not drive someone else's car that you are not familiar with?
5. Why is it helpful to have a clean windshield when you are driving?
6. Why should you always look both ways carefully before you pull onto a street?

7. Why should you never pass another vehicle on the right?
8. Why would you take extra safety precautions if you have to drive through an unsafe part of town?
9. Why is it a good idea to keep your car doors locked while you are driving?
10. Why should you keep your windows rolled up when you drive in an area that may be unsafe?
11. Why is it a good idea to have a map with you of any city you are driving in?
12. Why should you not park your car in a fire lane?
13. Why should you not drive at night with your parking lights on?
14. Why would you dim your high beams when a car approaches?
15. Why would you put your lights on low beam when you are behind a car?
16. Why would you not warm up your car inside the garage?
17. Why should you insist that everyone in the car wear a seat belt?
18. Why should you not strap a child into the same seat belt you are in?
19. Why should a child not sit in the front seat?
20. Why should you not talk on a hand-held phone while driving?
21. Why should you keep a car jack in your car at all times?
22. Why would you shift into neutral, brake slowly, and pull to the side of the road if your car accelerator was stuck?
23. After your car is stopped on the side of the road and you have the car in neutral, why would you try pushing the accelerator to the floor and then let it go quickly? *(to release/unstick the accelerator)*
24. Why could you not drive any farther if you could not get your accelerator unstuck?
25. If your car battery is dead, why should the jumper vehicle not touch your car? *(It may cause a ground before you are ready, causing sparks.)*
26. Why should both vehicles be put in park or neutral with parking brakes set before the jumper cables are connected?
27. Why should you wear safety goggles or glasses when you attach jumper cables to a dead battery? *(in case the battery explodes*)
28. Why should you not attach the ground cable to the dead battery's negative terminal? *(could cause the battery to explode)*
29. Why should jumper cables be kept away from fans, belts, and pulleys? *(so the cables do not get caught)*

30. Why would you look over your left shoulder before you pull out?

31. Why would you adjust your three rearview mirrors before you drive into traffic?

32. Why would you check your mirrors before you change lanes?

33. Why would you turn on your headlights at sundown?

34. Why would you slow down for speed bumps?

35. Why should you change your windshield wipers every year?

36. Why would you not leave your car running when you make a quick trip into a convenience store?

37. Why would you not leave your pet locked in a car with all of the windows up?

38. Why would you never leave a child alone in a car?

General Precautions Driving

***FIM™* / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if your brakes suddenly stopped working? *(Downshift to low gear; pump the brake pedal three or four times fast and hard to build up brake fluid pressure [do not pump antilock brakes]. Apply the parking brake, but be ready to release it if the car begins to skid. Consider steering into bushes or something soft; sound your horn and flash your lights to warn other drivers you can't stop. When you no longer need to change direction, turn off the ignition.)*

2. What would you do if you had a flat tire? *(Slowly drive to the right lane; turn on your flashers; get completely off of the road. Do not change a tire if it means you have to stand in a traffic lane.)*

3. What would you do if you had a tire blowout? *(Hold the steering wheel tightly and steer straight ahead. Slow down gradually by taking your foot off the gas pedal, but don't apply the brakes. Slow to a stop off the road; apply the brakes when the car is almost stopped.)*

4. What would you do if your power steering stopped working? *(Pull off of the road as safely as possible [the steering wheel may take more force to turn than normal]; stop the car; get help.)*

5. What would you do if your headlights suddenly went out at night? *(Try the dimmer switch and the headlight switch a few times. If that doesn't work, put on the parking lights, emergency flashers, or turn signals. Pull off the road as quickly as possible and leave the emergency flashers on.)*

6. What would you do if your gas pedal got stuck? *(Shift to neutral; apply the brakes; keep your eyes on the road; look for a way out. Warn other drivers by blinking your headlights and flashing your emergency lights. Drive the car safely off the road and turn off the ignition when you no longer need to change direction.)*

7. What would you do if you let up on your car accelerator, but the engine kept racing? *(Shift into neutral and brake slowly until you can pull of the road safely. Try pushing the accelerator to the floor then letting it go quickly. If it is still stuck, turn off the engine and do not drive any farther.)*

8. What would you do if someone was tailgating you? *(Watch carefully in your rearview mirror; tap your brakes lightly a few times to warn the tailgater that you are slowing down; brake slowly. "Lose" the tailgater as soon as you can by changing lanes; if you cannot change lanes, slow down enough to encourage the tailgater to go around you. If that does not work, pull off of the road when it is safe to do so and let the tailgater pass.)*

9. What would you do if you were driving in the fast lane and heard a siren coming from behind you?

10. What would you do if you were driving in the fast lane and the driver behind you honked her horn or flashed her lights at you?

11. What would you do if you were driving in the slow lane and saw a child riding a bicycle on the side of the road?

12. What would you do if you were driving on the freeway and did not see your exit sign until it was too late to get off at that exit safely?

13. What would you do if someone drove up beside you and told you to pull over, but he was not in a clearly marked police car?

14. What would you do if it was daylight and you drove into a thick patch of fog?

15. What would you do if you had an important appointment but you thought it was too foggy to drive?

16. What would you do if you hit some black ice on the road and your car started to slide?

17. What would you do if you were driving to the mountains and it started snowing, and you didn't have tire chains?

18. What would you do if you were driving behind a truck and the truck's tires threw mud up on your windshield?

19. What would you do if you were driving and it started raining so hard that your windshield wipers could not clear your windshield enough?

20. What would you do if you were driving and saw a ball roll out into the street?

21. What would you do if you were driving and saw a child run out into the street?

22. What would you do if you were driving and saw flashing, red lights coming toward you?

23. What would you do if you were driving and saw that several cars ahead of you were putting on their brakes?

24. What would you do if you were on a narrow road and saw a car heading toward you in your lane as it passed a truck?

25. What would you do if you were driving on a long stretch of road without many service stations and you noticed your gas gauge was getting low?

26. What would you do if you were driving and you saw a red warning light on your dash come on, indicating your oil was low?

27. What would you do if before you got into your car, you noticed that one of your tires was low?

28. What would you do if you bumped into a parked car with no one in it and you could not find the owner?

29. What would you do if you were driving and felt your steering wheel pulling hard to the right?

30. What would you do if you were driving and several pieces of wood fell off of a truck in front of you?

31. What would you do if you were driving on a highway and a dog ran out in front of you?

32. What would you do if you were driving at night with a long way to go, and you were getting tired?

33. What would you do if you were driving at night and a car was coming toward you with no lights on?

34. What would you do if you were driving and the car in front of you was swerving back and forth?

35. What would you do if you were driving down a mountain road and your brakes started to go out?

36. What would you do if you were driving and the temperature gauge on your car indicated that your engine was getting hot?

37. What would you do if you were driving and smoke started coming out from under the hood of your car?

38. What would you do if you were driving and a bee flew into your car through a window?

39. What would you do if you were driving and you came upon a school bus that had its flashing lights on?

40. What would you do if your car was not starting easily and you had a long drive to make soon?

41. What would you do if the tires on your car were starting to show wear?

42. What would you do if you were driving and noticed some ice on the road in front of you?

43. What would you do if there were not enough seat belts for each passenger in your car?

44. What would you do if you were driving and your child was in the back seat and needed your immediate attention?

45. What would you do if you were driving and the driver in front of you was talking on a cell phone? *(Be more cautious.)*

46. What would you do if you thought a car mechanic overcharged you?

General Precautions – Air Travel

According to United Airlines (Lloyd, 2003), travel by air for the disabled is at an all-time high, and many individuals with disabilities are traveling for business and pleasure. Individuals with a variety of disabilities own travel agencies and tour operations for the visually impaired, hearing impaired, and mobility impaired. The Society for Accessible Travel and Hospitality (www.sath.org), a nonprofit educational organization, represents travelers with disabilities. You can help individuals with communication and physical disabilities become more independent and enhance their quality of life by increasing their ability to travel safely.

General Precautions Air Travel

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What are some things you should do if you have a chronic illness and are planning a trip to another country? *(Have a thorough physical and dental examination; get all required immunizations. Get copies of all your prescriptions, including glasses; get the generic names for all your medications so foreign pharmacists can recognize them. Pack a small first-aid kit. Make sure you have your insurance card and a short medical history in your wallet. Wear a tag, necklace, or bracelet listing any life-threatening allergies or conditions; join the MedicAlert Foundation International [900-344-3226].)*
2. How early before your flight should you arrive at the airport?
3. Who would you ask for assistance with your luggage in an airport?
4. What information should you have on each piece of luggage and carry-on items?
5. What form of identification do you need to bring to the airport to be able to check in?
6. What would happen if you forgot your identification and tried to check into the airline?
7. What are some items you cannot carry onto a plane?
8. What could happen if you are caught carrying prohibited items in a terminal?
9. How many carry-on pieces can you bring on a plane?
10. What personal items should you remove from your pockets or purse before you walk through a metal detector?
11. What kinds of shoes are easy to slip off and on when you go through an airport security area?
12. What personal clothing item might a woman wear that could set off the metal detector alarm? *(an underwire bra)*
13. What attitude should you take if airport security chooses you for a random, thorough check?
14. If you are on a moving walkway, what do you need to do when you reach the end before you step off? *(Look down.)*

15. What is a good way to get around an airport terminal if you have difficulty walking? *(wheelchair; battery-powered carrier provided by airports)*

16. Where in an airport can you check on flight arrival and departure times?

17. How much time before takeoff do you start boarding the plane?

18. Which seat would be easiest for you to get in and out of: window, middle, or aisle seat?

19. Where should your seat back be when you are taking off and landing?

20. Where should your tray table be when you are taking off and landing?

21. If you are on a special diet (diabetic, vegetarian, low salt), how would you inform the airline so you could have the proper food? *(Call customer service 24 hours in advance.)*

22. How would you explain to a flight attendant that you have difficulty communicating?

23. What are people prohibited from doing in a restroom on a plane?

24. Before you get off of a plane, where should you check to make sure you have all of your personal items?

25. What can happen to bags in an overhead compartment during a flight?

26. How can you prevent blood clots from forming in your legs on very long flights? *(Get up and walk every 30 minutes.)*

27. What can you do to prevent air pressure building up in your ears when you are flying? *(Valsalva maneuver: close your mouth and hold your nose closed with your fingers; exhale to open the Eustachian tubes; yawn; open your mouth and move your jaw in a rotary manner to try to open the Eustachian tubes.)*

28. Where are people not supposed to congregate in a plane? (*in the galley or in the forward area of the plane)*

29. What should you do with your seat belt when you are seated and the seat-belt sign is off?

30. What should you do when the overhead seat-belt light comes on? *(Stay in your seat with your seat belt fastened.)*

General Precautions Air Travel

***FIM™* / FCM Level 6 (MDS Level 1)**
Awareness of cause and effect for potential risks and safety concerns

▶ **Responding to *Why* Questions**
I will ask you a question, and you answer it as completely as possible.

1. Why should you avoid traveling by plane if you have a cold or flu or your sinuses are blocked? *(Your ear drums may rupture from air pressure changes.)*

2. Why would you ask to sit in an aisle seat?

3. Why is it important to know where the nearest safety exit is on the plane?
4. Why would you keep your important medicines with you when you take a plane trip?
5. Why would you make sure your purse is going through the X-ray conveyor at the same time you are walking through the metal detector?
6. Why should you list the names and phone numbers of your family and friends and your destination on a piece of paper and carry it with you in your purse, wallet, or carry-on bag? *(so the airline can contact them in case you became ill on the plane)*
7. Why should you not lock your checked baggage?
8. On a long flight, why is it important to get out of your seat and walk around once in a while?
9. Why would you call the airline to order a special diet (e.g., vegetarian, diabetic, low salt)?
10. Why would you pack lightly?
11. Why would you take off your shoes at security if you were asked to?
12. While you are at security, why would you not make any offensive remarks?
13. When you are at an airport, why would you keep your carry-on luggage with you at all times?
14. When you are at an airport, why would you not guard a bag for a stranger?
15. On a plane, why do you stow carry-on luggage overhead or under the seat in front of you?
16. During takeoff, why would you keep the chair back upright and the tray table locked?
17. Why would you keep your seat belt fastened during your flight?
18. Why would you turn off your cell phone before takeoff?

General Precautions Air Travel

***FIM*™ / FCM Level 7 (MDS Level 0)**
Practical problem-solving abilities

▶ **Responding to *What would you do . . .* Questions**
I will describe a situation, and you tell me as completely as possible what you would do in the situation.

1. What would you do if you lost your plane ticket?
2. What would you do if you missed your plane?
3. What would you do if you were lost in an airport?
4. What would you do if you were on a moving walkway and fell down?
5. What would you do if you realized you had a prohibited item with you after you checked in your baggage?

6. What would you do if your carry-on bag was too heavy or awkward to put in the overhead bin or under the seat in front of you?
7. What would you do if you could not understand the flight attendant's in-flight safety demonstration?
8. What would you do if the stranger sitting beside you would not stop talking to you?
9. What would you do if you started feeling ill or having chest pains while flying?
10. What would you do if you needed assistance from a flight attendant during a flight?
11. What would you do if the passenger beside you began acting suspiciously, and you were concerned about the plane's safety?
12. What would you do if an oxygen mask dropped down in front of you?
13. What would you do if you needed to use the in-flight phone but did not know how?
14. What would you do if you were walking to the restroom and the seat-belt light came on?
15. What would you do if you were in the restroom and needed help from a flight attendant?
16. What would you do if you needed assistance to get off a plane?
17. What would you do if your baggage did not arrive at your destination?
18. What would you do if you had difficulty reading the arrival and departure times of flights?
19. What would you do if you accidentally left a personal item on the plane and did not discover that it was missing until you were in the baggage area?
20. What would you do if you accidentally left a personal item on the plane and did not discover that it was missing until you were away from the airport?

General Precautions – Farm Equipment

Many people throughout the country are involved in agriculture, and there are countless safety hazards in this area that individuals must be aware of and alert to every moment. People involved in agriculture who have sustained neurological damage often hope to return to that line of work, although they are likely to be at greater risk for injuries because of unilateral or bilateral paresis or paralysis, poor balance, and impaired cognitive abilities.

General Precautions | Farm Equipment

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What is the basic rule when you work around farm and harvesting equipment? *(safety first)*
2. What is the universal safety-alert symbol? *(a large yellow or black triangle with a bold, white exclamation mark in the center)*

3. What does the safety-alert symbol mean on a machine or in an equipment manual? *(Be alert to the potential for personal injury.)*

4. What are signal words in equipment manuals? *(Signal words – DANGER, WARNING, or CAUTION – are used with the safety-alert symbol; DANGER and WARNING identify the most serious hazards and are located near specific hazards; general precautions are listed on CAUTION safety signs.)*

5. What can you do to help people see safety signs? *(Keep safety signs clean and in good condition. Install new safety signs if old signs are damaged, lost, or cannot be read easily. Install a new safety sign when replacing any new part that previously had a safety sign.)*

6. What personal items must you not wear when working with equipment? *(rings or other jewelry, scarves, loose clothing, necktie)*

7. What does the following statement mean to you? "Never put your life in the hands of a piece of equipment."

8. What are the dangers of driving equipment at night? *(You may be tired and have slowed reaction times and make poor or dangerous decisions; you may fall asleep while driving equipment; you can't see well.)*

9. What should you do to protect yourself if you have to work on or under hydraulic equipment to repair it? *(Block it up; do not depend on the hydraulics holding up the equipment.)*

10. What are the most common tractor accidents? *(tractor roll-over, improper starting procedures, crushing and pinching during hitching, collisions with other motor vehicles, entanglement in PTO [power takeoff] shafts, falling from the tractor)*

11. What precautions can you take to avoid accidents with a tractor? *(Put the transmission in PARK and apply the parking brake when the tractor is not in use. Be sure everyone is clear of the tractor and attached equipment before starting the engine. Never try to get on or off a moving tractor. When the tractor is left unattended, place it in PARK, lower implements to the ground, stop the engine, and remove the key. Never go near an operating PTO or an operating implement. Always fasten your seat belt in a ROPS [rollover protective structure] equipped tractor.)*

12. How could you protect yourself around a moving tractor? *(Be sure you are clear of a tractor and any attached equipment before the engine is started; the tractor and equipment can move even with the transmission in PARK or with the parking brake applied, and some steering movement may occur as the engine starts.)*

13. How can you make sure handholds and steps are useable? *(Clean off slippery mud, grease, and any crop residue that has accumulated on the steps and operator's platform of the tractor. Remove chains and tools carried on the platform that may interfere with pedal operation or cause a slip or fall from the tractor.)*

14. When should you use a seat belt on a tractor? *(when you operate with a roll-over protective structure [ROPS] to minimize the chance of injury from an accident, such as an overturn)*

15. How can you prevent a machine runaway? *(Do not start the engine by shorting across the starter terminals; the machine will start in gear if normal circuitry is bypassed. Never start the engine while standing on the ground; start the engine only from the operator's seat, with the transmission in neutral or PARK.)*

16. What can you do to improve safety when descending a steep hill? *(Shift to a low gear to improve control of the tractor with little or no braking; use engine braking to reduce speed before applying tractor brakes. Never coast downhill. Additional ballast [front-end weight] may be needed for transporting heavy integral implements; when the implement is raised, drive slowly over rough ground, regardless of how much ballast is used.)*

17. What can you do to improve safety when you go down an icy, wet, or graveled surface? *(Reduce speed and be sure the tractor is correctly ballasted to avoid skidding and loss of steering control; engage front-wheel drive by using "ON" mode rather than "AUTO" mode for four-wheel braking.)*

18. What can you do to improve safety when you go up a steep hill? *(Use front end weight [ballast] to prevent the tractor from tipping back on you.)*

19. What can you do to improve safety on a hillside? *(Avoid holes, ditches, and obstructions that may tip the tractor. Never drive near the edge of a gully or a steep embankment because it may cave in. Always use front and rear dual wheels. Avoid sharp, uphill turns. Keep the transmission and hydraulic oil levels at their upper marks; low oil levels may cause loss of steering or clutch engagement.)*

20. What can you do to prevent tractor accidents on public roads? *(Signal before stopping, turning, or slowing down on public roads; pull over to the side of the road before stopping. Slow down before braking; pump the brakes when stopping on slippery surfaces. Be careful when towing and stopping heavy loads.)*

21. What could happen if you give someone a ride on a tractor? *(Riders could be thrown off and run over or be struck by foreign objects and injured; riders may obstruct the operator's view, causing the tractor to be operated unsafely.)*

22. What do you need to watch for when you drive a tractor through an orchard? *(branches and limbs that may hit your face or body and possibly knock you off of the tractor)*

23. How can you avoid fires when you fuel equipment? *(Always stop the engine before refueling and fill the fuel tank outdoors. Handle fuel carefully; do not refuel while smoking or when near an open flame or sparks. Clean the tractor of accumulated trash, grease, and debris; always clean up spilled fuel.)*

24. What are the safety procedures for handling engine starting fluid? *(Keep the fluid away from sparks, flames, batteries, and cables; keep the cap on the container when not in use; store the container in a cool, protected location; do not incinerate or puncture a starting fluid container.)*

25. How can you prepare for fire emergencies around equipment? *(Keep a fire extinguisher and first-aid kit handy; keep emergency [911] numbers near your telephone; carry a cell phone with you.)*

26. What are the safety procedures for working around engine fans? *(Keep your hands away from the fan and out of the fan discharge area when the engine is running; shut off the tractor engine and remove the key if you must work on or around the engine fan.)*

27. How can you prevent getting your clothing caught in a PTO (power takeoff) driveline? *(Keep all shields in place; avoid contact with rotating parts; do not wear loose clothing.)*

28. What personal protection equipment might you need to wear when you operate machinery? *(hard hat, leather gloves, goggles or safety glasses, leather work shoes or boots, protective vest, ear protection [ear muffs or earplugs], dust mask)*

29. What farm chemicals can get inside of enclosed tractor cabs that can be harmful to you? *(Pesticides can be inhaled; you must wear an appropriate respirator inside the cab.)*

30. What should you do before you hook up any implement? *(Set the tractor's parking brake.)*

31. What should you do before you try to fix a broken piece of equipment (blade, mower belt)? *(make sure nothing is moving)*

32. What part of a hot machine is most likely to burn you? *(engine; manifold; fluids [radiator, etc.])*

33. What should you do before you make adjustments on electrical systems or do welding on the machine? *(Disconnect the ground [-] battery terminal.)*

34. What are some safety precautions for using a skip loader? *(Watch the center of gravity so you do not tip over; be extra careful of a bucket full of dirt or other material over your head because it can change your center of gravity.)*

35. When should you use a safety chain? *(when pulling or towing equipment to control the equipment if it accidentally separates from the drawbar/tow bar/hitch)*

36. How much slack should be provided when you use a safety chain? *(only enough to permit turning)*

37. What do you always need to be aware of when you use a fork lift? *(where the forks are pointing, their height, objects and people close to the forks)*

38. What safety precautions should you take when you tow a disabled tractor? *(Never tow a tractor going faster than 10 mph (16km/h) with the front wheels raised, or faster than 5 mph (8 km/h) with all wheels on the ground; have an operator steer and brake the tractor.)*

39. What safety precautions should you follow when you tow loads? *(Remember that stopping distance increases with weight and speed of towed loads; towed loads with or without brakes that are too heavy for the tractor or are towed too fast can cause loss of control. Consider the total weight of the equipment and its load. If towed equipment does not have brakes, do not travel more than 20 mph (32 km/h) and do not tow loads more than 1.5 times the weight of the tractor; ensure the load does not exceed the recommended weight ratio. Add ballast (front-end weight) to the recommended maximum for the tractor; the tractor must be heavy and powerful enough with adequate braking power for the towed load. Use extra caution when towing loads under adverse surface conditions [slippery, wet, icy], when turning, and on inclines.)*

40. What safety precautions should you take when you work with harvesting units? *(The cutting rotors, gathering, and cross and feed drums cannot all be shielded completely; stay clear of moving parts during operation. Always disengage the main clutch, shut off the engine, and remove the key before servicing or unclogging harvesting units. Keep your hands away from the knives.)*

41. What safety precautions should you take when you drive equipment on roads or highways? *(Frequently check for traffic from the rear, especially when turning; use hand signals or turn signals. Watch all attachments closely; use headlights, flashing warning lights, and turn signals day and night. Follow local regulations for equipment lighting and markings. Replace or repair lighting and markings that that have been damaged or lost. Use implement safety lighting kits.)*

General Precautions Machine Shop

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What safe maintenance procedures should you follow in a machine shop? *(Never lubricate, service, or adjust a machine while it is moving. Keep your hands, feet, and clothing away from power-driven parts. Disengage all power and operate controls to relieve pressure; lower hydraulic equipment [e.g., skip loader, disk] to the ground. Stop the engine and remove the key; allow the engine to cool. Securely support any machine elements and implements that must be raised for service work by blocking up all sides. Keep all parts in good condition and properly installed; fix damaged equipment immediately; replace worn or broken parts; remove any buildup of grease, oil, or debris.)*

2. What are some safety precautions for welding? *(Remove paint to avoid potentially toxic fumes and dust that can be generated when paint is heated by welding, soldering, or using a torch. Remove solvent or paint stripper containers and other flammable materials from the area and allow fumes to disperse at least 15 minutes before welding or heating. Do all welding work outside or in a well-ventilated area. Avoid using heating tools near pressurized fluid lines to prevent severe burns to yourself or bystanders.)*

3. What are some safety procedures for working with fluids in high-pressure hoses? *(Escaping fluid under pressure can penetrate the skin, causing serious injury. Relieve the pressure before disconnecting hydraulic or other high-pressure lines. Tighten all connections securely before reapplying pressure; search for leaks with a piece of cardboard under the high-pressure hose. If an accident occurs, see a doctor immediately because any fluid injected into the skin must be removed surgically within a few hours to prevent gangrene.)*

General Precautions – OSHA Regulations

Occupational Safety and Health Administration (OSHA) regulations are designed to help employers provide a safe working environment for employees and to help employees learn and follow all of the safety regulations. OSHA's statutory mandate is to protect the health and safety of all workers. All skilled and unskilled occupations pose various safety risks. Individuals working in any occupation need to be aware of and follow all of the safety regulations of that particular occupation. The following material comes from the OSHA training manuals of Keller (2002) and Moran (2003).

Before you begin, interview your client or patient about his work history and any anticipated return to employment to help you determine which OSHA regulations he should be the most familiar with. Only *FIM™*/FCM Level 5 questions are used for this section. You may choose to modify some questions to Levels 6 or 7 to further meet a client's or patient's needs.

General Precautions OSHA Regulations: Personal Protective Equipment (PPE)

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* and *How* Questions**
I will ask you a question, and you answer it as completely as possible.

Personal protective equipment (PPE) includes all clothing and other work accessories designed to create a barrier against workplace hazards for all parts of the body. Selecting the proper PPE for a job is important, and workers need to understand their purposes and limitations. PPE takes into consideration various hazard categories, including impact, penetration, compression [roll-over], chemical, heat, harmful dust, electrical, and light [optical radiation, e.g., welding, cutting, furnaces, high-intensity lights]).

1. What are the personal protective equipment (PPE) requirements for _____?
   - handling wood or metal *(eye protection, leather gloves)*
   - woodworking machines *(eye protection or face shield)*
   - metalworking machines *(eye protection or face shield)*
   - grinding stones or wheels *(eye protection or face shield, gloves)*
   - wire brush wheels *(eye protection or face shield, gloves, aprons)*
   - compressed air *(eye protection or face shield)*
   - landscaping tools *(eye protection, gloves, dust mask)*
   - maintenance *(eye protection, gloves)*
   - material handling *(eye protection, gloves, hard hat, steel-toe shoes)*
   - sparks and hot metals *(eye protection or face shield, flame/heat resistant gloves, cap or hood, apron, shoe protectors)*
   - acids and alkalis *(hazard-proof goggles, face shield, splash gloves, hood, acid suit, apron, respirator [if appropriate])*
   - chain saws *(eye protection with side shields or face shield for dust and flying objects, hearing protection)*

Eye and Face Protection

1. What are the personal protective equipment (PPE) requirements for eyes? *(safety glasses, goggles, face shields)*

2. What kind of eye protection do you need if you wear prescription lenses or contacts? *(eye protection that has the prescription incorporated into it or protection that can be worn effectively over the prescription lenses)*

3. What can be the result of wearing eye protection that is not kept clean? *(Continuous vision through dirty eye protection can cause eyestrain or mistakes with tools.)*

4. How should you clean your eye protection equipment? *(with soap and water or with a recommended cleaning solution and tissue)*

5. What should be done with protective equipment for the eyes when it has been used by someone else? *(It should be cleaned and disinfected.)*

6. What are some potential causes of eye injuries on your job? *(injurious gases, vapors, and liquids [e.g., acids]; dust or powders, fumes and mists [e.g., paint or insecticide sprays]; flying objects or particles [e.g., chiseling, grinding, hammering, metalworking]; splashing metal [e.g., welding, casting of hot metal and dripping in hot metal baths]; thermal and radiation hazards [e.g., heat, glare, ultraviolet, infrared]; lasers; electrical hazards [e.g., arcing, sparks])*

7. What are eyewash facilities used for? *(flushing away eye contaminants with water)*

8. What are the procedures for using an eyewash facility? *(Flush your eyes with water until the contaminant has been rinsed out [or for a minimum of 15 minutes]. Don't rub your eyes; you could scratch an eye or embed the object. If you can't rinse out the object, bandage your eye loosely and get medical attention.)*

Head Protection

1. What are the personal protective equipment (PPE) requirements for the head? *(hard hats or helmets)*

2. When do you need head protection? *(when working in areas where there is potential injury to the head from falling objects; when working under low objects or overhangs where there is limited head room)*

3. What are some specific situations where hard hats or helmets must be worn? *(working below other workers who are using tools and materials that could fall; working around or under conveyor belts that carry parts or materials; working below machinery that may cause material or objects to fall; and working on high-voltage equipment)*

Foot Protection

1. What are the personal protective equipment (PPE) requirements for the feet? *(protection from impact and compression [safety shoes or boots]; puncture protection [metal insoles] for some kinds of work [e.g., around nails, screws, wire, scrap metal])*

2. What can you wear over regular work shoes for protection? *(fiberglass or steel guards)*

3. What kind of shoes should roofing, paving, and hot metal workers wear? *(heat-resistant, soled shoes or boots)*

4. What kind of protective footwear should workers who are exposed to electrical wires or connections use? *(metal-free, non-conductive shoes or boots)*

5. What kind of protective footwear should workers who are exposed to chemicals use? *(rubber or synthetic shoes or boots [chemicals can eat through leather])*

Hand Protection

1. What are the personal protective equipment (PPE) requirements for hands? *(gloves or mitts designed for specific jobs)*

2. What injuries can hand protection help prevent? *(cuts, abrasions, burns, crushing, and skin contact with chemicals that are capable of causing local or systemic effects)*

3. When is it dangerous to wear gloves? *(when working on moving machinery [moving parts can easily pull the glove, hand, and arm into the machine])*

4. When should you not wear metal-reinforced gloves? *(when working with electrical equipment)*

5. What is the proper way to remove latex or rubber gloves if they become chemically contaminated? *(Pull them off from the wrist so they are inside out once removed.)*

Respiratory Protection

1. What are the personal protective equipment (PPE) requirements for respiratory safety? *(dust masks; respirators [filters remove contaminants from the air as you breathe]; supplied air respirators [atmosphere-supplying respirators providing fresh air from the environment or a clean source [e.g., air tank])*

2. What are the reasons you might want to wear a dust mask?

3. In what work conditions should you use respiratory protection? *(exposure to harmful dust, fog, fumes, mists, gasses, smokes, sprays, or vapors)*

4. Before using a respirator, what medical examination is needed? *(an examination for respiratory fitness to rule out restrictive medical conditions, such as high blood pressure)*

5. Who should train and fit you for using a respirator? *(someone qualified to do so)*

6. Besides respirators, what protection is required for workers in confined spaces? *(At least one other person must be present in areas where the wearer of the respirator could have respiratory failure or be overcome by toxic or oxygen-deficient air. Visual, voice, or signal line communication must be maintained between the respirator user and the attendant. Plans should be in place so that one worker is unaffected by any likely incident and will have the proper rescue equipment necessary to assist others in an emergency.)*

7. What should you look for when you inspect respiratory protection equipment? *(The breathing air cylinder needs to be fully charged according to the manufacturer's instructions. The regulator and warning devices need to be functioning properly. The connections need to be tight. The face piece, headband, valve, connecting tubes, and canisters need to be in good condition. All rubber or elastic parts need to be pliable and not deteriorated.)*

Noise Control

Noise, or unwanted sound, is one of the most common occupational health problems. Approximately 30 million people in the U.S. are occupationally exposed to hazardous noise. About 10 million people have noise-induced hearing loss, nearly all of which were caused by occupational exposures. Many trades are typically exposed to noise levels greater than 85 dB averaged over an eight-hour shift. However, the incidence of noise-induced hearing loss can be reduced, or often eliminated, through the successful application of engineering controls and hearing conservation programs. Both employers and employees need to be aware of and follow OSHA regulations.

1. What are some of the noisiest operations (situations) you work in?

2. What are some types of required personal protective equipment (PPE) for ears? *(ear muffs [cups that fit over the ears and are held in place by a headband]; self-fitting or malleable ear plugs; canal caps that seal the external edge of the ear canal to reduce sound and are made of soft substances held in place by a headband)*

3. What could happen if you don't wear ear protection around loud noise?

4. What occupation is one of the most commonly affected by industrial hearing loss? *(construction work)*

5. What types of construction workers are at high risk for noise-induced hearing loss? *(users of impact equipment and tools [e.g., concrete breakers, piling hammers, manual hammers]; users of explosives [e.g., blasting, cartridge tools]; users of pneumatic equipment; workers in plants powered by internal combustion engines; workers in enclosed spaces where there is noisy machinery or activity; service and equipment-maintenance personnel)*

6. What is OSHA's requirement for occupational noise exposure standards in construction and industry? *(Hearing protection devices must be provided and used whenever it is not feasible to reduce the noise exposure to within permissible noise exposure limits.)*

Electrical Safety

1. What are the personal protective equipment (PPE) requirements for electrical safety? *(rubber gloves, sleeves, face protection, hard hats, rubber-soled overshoes or boots, matting, insulating blankets)*

2. What are the primary hazards of electricity? *(shock, burns, explosions, fires, arc-blasts [high-amperage currents jumping from one conductor to another through air, generally during opening or closing circuits, or when static electricity is discharged])*

3. What are electrical protective devices? *(fuses, circuit breakers, and ground-fault circuit interrupters [GFCIs])*

4. What should you not wear when you work with electricity? *(rings, watches; anything metal that may conduct electricity)*

5. What would you use as a reference handbook for electrical work? *(an electrical engineering pocket handbook produced by an organization such as the Electrical Apparatus Service Association [EASA])*

General Precautions OSHA Regulations: Hazard Communication Standard

***FIM™* / FCM Level 5 (MDS Level 1)**
Awareness of potential risks and safety concerns

▶ **Responding to *Wh-* Questions**
I will ask you a question, and you answer it as completely as possible.

1. What is the purpose of the Hazard Communication Standard? *(to alert workers to the existence of potentially dangerous substances in the workplace and the proper means and methods to protect themselves against them)*

2. What are the requirements of the Hazard Communication Standard? *(providing information about the hazardous chemicals that employees are exposed to, product labels and other forms of warning, Material Safety Data Sheets [MSDS], appropriate training, and a written hazard communication program)*

3. What are some hazardous chemicals that workers come into contact with? *(acids, alkalis, ammonias, etc.; household detergents and cleaners)*

4. What is a material safety data sheet (MSDS)? *(An MSDS is a technical bulletin, usually 2-10 pages long, that contains information about a hazardous chemical or a product containing one or more hazardous chemicals, its chemical and physical characteristics, its health and safety hazards, and the precautions for safe handling and use. The MSDS serves as the primary method for transmitting detailed hazard information to both employers and employees.)*

   Note: All hospitals have MSDS manuals and clinicians need to know their locations.