

Eat Healthy and Exercise

- Eat foods such as fresh fruit and vegetables, legumes and whole grain products outlined in Canada's Food Guide to Healthy Eating.
- Limit fats, salt, caffeine, alcohol and processed foods.
- Take part in physical activities at least 30 minutes a day such as walking, dancing, cycling, gardening, or climb stairs.
- Exercise and good nutrition will help you feel better, strengthen muscles and bones and give you more energy.



Crime Prevention

- Never open your door to a stranger.
- Report any suspicious people in building.
- Walk only in well lit areas.
- Walk near the curb and away from alleys and doorways.
- Do not burden yourself with large packages, bags or purses.



Abuse Prevention

There are different types of abuse, such as physical, psychological, financial and sexual. If you or someone you know is the victim of abuse, seek help.

Speak to a case manager, supervisor or law enforcement officer.



In case of emergency

Use St. Paul's Emergency Response System: Emergency Response staff will arrive within 5 minutes **OR** call **911**.

Mission Statement

We are a caring, client-focused, not for profit organization, dedicated to improving the quality of life of seniors in the communities we serve, by providing services and housing in an accessible, professional and progressive manners.

For more information, contact
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Health & Safety Tips

St. Paul's L'Amoreaux Centre

Committed to a Culture of Care

St. Paul's cares about the health and safety of its clients, visitors and employees. Here are some important health and safety tips.

Healthy Practices

- Wash hands for at least 15 seconds with soap and water—this is the most effective way to avoid the spread of germs.
- Covering your mouth when coughing helps reduce spread of germs.



Falls Prevention

- Keep apartments uncluttered and pathways clear.
- Wipe up spills immediately.
- Make sure there is adequate lighting in hallways and stairwells.
- Bath tub or shower should have a non-skid mat.
- Store kitchen supplies and pots and pans in easy-to-reach locations
- Use a stable step stool (with a safety rail) for reaching high places
- **Never** try to lift someone who has fallen. Call Emergency Response.



Avoiding Electrical Hazards

- Electrical appliances should not be used in the bathroom, laundry room or near the kitchen sink.
- Space heaters should be kept away from clothing, drapes or walkways.
- Appliances with frayed cords should not be used.
- Unplug appliances such as irons and toasters after use.
- Disconnect toaster before cleaning. Never stick a fork in the toaster to retrieve toast while it is plugged in.



Fire and Burn Prevention

- Don't smoke in bed and don't dump ash-trays into wastebasket.
- Electric wiring should not run under a rug.
- Pot handles should be turned inwards when on the stove.
- Temperature on electric blankets and heating pads should be kept at low.
- Always turn cold water on first and turn it off last when filling the tub.
- Check the water temperature before stepping in.



Road Safety

As a pedestrian:

- Cross at marked crosswalks or traffic lights, not in the middle of the block or between parked cars—do not jaywalk.
- Make sure drivers see you before you cross
- Cross when traffic has come to a complete stop
- At a traffic light, cross at the beginning of a green light.
- Never cross on a red light.
- Never cross the road when crossing signal is flashing the red hand.



As a motorist:

- Be patient, especially with older pedestrians who need more time to cross the road.
- Always look for pedestrians, especially when turning.
- Remember, stay alert and slow down on residential streets and through school zones.

