

Don't forget to 'PACE' yourself!

Environment

There are many places where you conduct your work, each space requiring you to identify hazards and evaluate the potential risk. As you perform an environmental scan please ask yourself – **Is the area I am about to work in safe?**

- Is the outdoor environment clear of obstacles?
- Are there slip/trip hazards in the home? (e.g. spills or slippery surfaces)
- Are there hazards (chemical/biological/physical) in your path of work?
- Is there enough space to deliver care including use of necessary equipment such as mechanical lifts or gait aids (i.e. can you access three sides of the bed?)
- Are all supportive devices available and in close proximity (e.g. walker or braces)?

