



## **SAFETY PRECAUTIONS**

### **Emergency**

Always dial 911 first if feasible. An ambulance will be dispatched immediately. If you are unable to call 911 use your apartment emergency “Code Alert” system. This system should be used for medical emergencies and if you are unable to call 911. If you require assistance for a non-medical reason, please contact staff at 996-1991 for the west side and 292-0669 for the east side.

### **Evacuation**

Countryside Living is designed as a self-sufficient community therefore, evacuation is an action of last resort. In this event, the Staff will notify you of the procedures.

### **Explosive and Highly Flammable Materials**

No explosives or highly flammable materials such as kerosene or paint stripper may be brought into any area of the community except under the supervision of management.

If you use or store oxygen in your room, please alert office staff. Having oxygen in your room requires a sign outside your door saying there is oxygen for emergency purposes.

### **Fire and Evacuation Safety Procedures**

Countryside Living is equipped with modern safety devices. Each building is equipped with automatic fire and smoke detection systems. Your apartment is equipped with a smoke alarm system, general fire alarm, sprinkler system, and an emergency call system. These systems are monitored 24 hours a day. Fire extinguishers are centrally located in the hallway of each floor.

Countryside Living is automatically alerted to fire alarms. The Fire Department will automatically receive notification from our security system. The Fire Department can reach Countryside Living in just a few minutes. If this fire is in your apartment, please evacuate your apartment.

Therefore, with your safety and well-being foremost in mind, we request that the following instructions be carried out in case of fire:

#### **ALARM:**

When you hear an alarm, do not investigate. Stay in your apartment until instructed to evacuate by staff or emergency personnel.

#### **FIRE:**

If the fire is in your apartment, get out and close the door. Pull the nearest fire alarm to your room in the hallway. If the fire is not in your apartment, stay in your room. The staff and firemen will let you know when it is necessary to evacuate. They will direct you to proper exit and gathering spot.

#### **ELEVATORS:**

Never use elevators during a fire.

#### **Fire Drills**

All residents are expected to participate in fire drills as scheduled. Fire drills help familiarize you with fire emergency procedures and allow staff to test these procedures and adjust to correct weaknesses. Management will coordinate these drills.

### **Fire Protection Hints**

In the unlikely event that you are unable to escape from fire or smoke in your apartment or cannot leave your apartment because of smoke or fire outside, it is important that you remember to practice the following precautions:

- 1) Know the layout of your apartment.
- 2) Place wet towels or wet sheets around door and cracks to prevent smoke from seeping into your apartment.
- 3) Get fresh air by making a tent over your head with a blanket at a slightly open window.
- 4) Get down on your knees or lie on your stomach, as clear oxygen will be at floor level.
- 5) Go outside onto your patio.

### **Security**

Concern for your safety and well-being is a high priority at Countryside Living. Staff members monitor entrances and commons areas. At 6:30pm, the front door is locked. If you, or any visitors/family need to gain entrance after 6:30pm, please ask visitors to call you or the facility to come answer the door or use the doorbell in the entryway.

For better security, residents should always inform staff when visitors, workers, salesmen, etc., are coming into the property. Please assist us by making sure the exterior doors are locked at all times. Notify the Reception Desk should you have any questions or reports concerning security. Office hours are 8:30-4:30PM Monday-Friday and Saturday 9-3.

### **Safety Tips**

- 1) Trash is fuel for fire. A clean apartment is a safe apartment. Remove your trash regularly.
- 2) Be alert to electrical equipment that is not working properly. Strange odors from appliances or lights can be the first sign of fire. Report your suspicion to the Reception desk.
- 3) Do not overload wall outlets.
- 4) Keep heat-producing devices away from things that burn.
- 5) Make sure all appliances are turned off before leaving your apartment.
- 6) Do not store flammable liquids in your apartment.
- 7) Do not leave your apartment while cooking.
- 8) In the case of a pan fire, smother it with the lid or with baking soda.
- 9) Use a potholder (not dish towels or rags) to remove pans from the stove.
- 10) Electric fireplaces are not allowed in the facility.
- 11) Power strips are not allowed in Assisted Living unless for entertainment or computer use and the strip MUST be adhered to the wall or a piece of furniture.
- 12) The following items are not allowed at Countryside Living to help ensure the safety for all:
  - a. Firearms and ammunition
  - b. Heating pads
  - c. Heating blankets
  - d. Halogen lightbulbs
  - e. Plug in air fresheners or wax melters
  - f. Extension cords

### **Severe Weather Conditions**

In the case of tornados, and other adverse weather conditions, stay calm and remain in your apartment until notified. The designated person in your hallway or a staff member will alert you when there is a tornado warning. For your own safety; stay clear of all windows. In the case of a warning, you may come down to the main level and sit in the hallway away from windows.