

Restraints

- ✓ **Least restrictive first** — reorientation, distraction, sitter, bed/chair alarm. Restraints are a last resort
- ✓ Provider order required and **time-limited**; a **PRN or standing restraint order is never permitted**
- ✓ Tie with a **quick-release knot to a non-movable part of the bed frame** — never the side rails
- ✓ **Assess circulation, skin integrity, and comfort at least every 30 minutes; remove every 2 hours** for ROM, repositioning, and toileting
- ✓ **Discontinue as soon as the risk passes** — don't wait for the order to expire
- ✓ **Four raised side rails are a restraint** when used to keep a client in bed
- ✓ Never for convenience, punishment, or staffing shortages

Falls

- ✓ **The strongest predictor of a fall is a previous fall.** Assess on admission and regularly after
- ✓ Bed in the **lowest position**, wheels locked, call light in reach, pathway clear, non-slip footwear, adequate lighting, bed/chair alarms for high risk, high-risk clients near the nurses' station

Fire, disaster, and hazards

- ✓ **RACE** — **R**escue those in immediate danger → **A**larm → **C**onfine (close doors) → **E**xtinguish or evacuate
- ✓ **PASS** — **P**ull the pin → **A**im at the base → **S**queeze → **S**weep side to side
- ✓ **Evacuation order** — ambulatory first, then wheelchair/stretchers, then critical and ventilator-dependent last, unless immediate danger dictates otherwise
- ✓ **Disaster triage** — **Red** immediate (life-threatening, survivable) • **Yellow** delayed (serious but stable briefly) • **Green** minor (walking wounded) • **Black** expectant
- ✓ **Radiation: time, distance, shielding.** Cluster care, stay ≥6 feet from unshielded sources, wear lead and a dosimeter badge (collar level, outside the apron, never shared)
- ✓ **Brachytherapy** — private room with warning signage, door closed, visitors ≤30 min/day at >6 feet, **no pregnant staff**, all linens and trash stay in the room, long-handled forceps and a lead container for a dislodged source
- ✓ **Chemical exposure** — flush with copious water **at least 15 minutes**, remove contaminated clothing, consult the SDS/MSDS. **Sharps injury** — wash with soap and water, report immediately, start post-exposure protocol
- ✓ Never clean a hazardous spill without training and equipment; tag malfunctioning equipment **“Do Not Use”** and remove it from service