

Personal Safety Plan

Everybody faces possible safety risks in the home and when out and about. Many accidents can be prevented with careful planning. When you or someone close has epilepsy it's a good idea to think about safety. This means thinking about how to reduce seizures and lower the risk of accidents and injuries. Consider what risks might be likely to apply; the type of seizure, when and where it might happen and what hazards there might be about. Then think about how to reduce these. Some changes are easy to make but others may not be so easy. Remember that everyone's epilepsy is individual to them and needs to be looked at in this way. The table below will give some prompts about possible safety concerns and tips to help improve safety.

Context	Hazard	Reducing the Risk	Action Needed	
			Yes	No
Throughout the Home	Glass panels	Safety glass or clear contact film		
	Coarse carpet	Cover with safety matting		
	Loose appliances	Mount on walls where possible		
	Loose flexes	Tack to wall or boards		
	Hot pipes	Conceal with heat resistant foam		
	Tight spaces	Enclose to prevent getting wedged		
	Candles/cigarettes	Avoid using especially if alone		
	Hard flooring	Cover with safety matting		
	Sharp edges	Use child-proof covers or replace		
	Heights	Avoid ladders, attics etc.		
	Other			
Living room	Open fires/stoves	Large, secure fireguard		
	Freestanding TV	Wall mounted is safer		
	Glass tables	Remove or replace with shatterproof glass		
	Trailing flexes	Attach to skirting board		
	Radiators	Moulded covers without sharp edges		
	Light bar/gas heaters	Remove in case of fall on appliance		
	Freestanding lamps	Secure or wall mount		
	Other			

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			Yes	No
Kitchen	Ovens	Microwaves are safest		
	Hobs	Use cooker guard or rail		
		Cook on rear rings		
	Saucepans	Turn handles to rear of hob		
	Hot dishes	Limit carrying, use a trolley		
	Glasses/ceramics	Use unbreakable crockery		
	Sharp cutlery	Limit use of steak knives		
	Electrical appliances	Use cordless where possible		
	Hot liquids	Keep levels low		
	Other			
Bedroom	Beds	Low level, no bunks		
	Headboard	Choose soft padding		
	Soft pillows	Firm ventilated type or none		
	Locker position	Move from bedside to limit risk of injury		
	Lamps	Wall mounted is safest		
	Undetected seizures	A bed alarm can help		
	Doors	Re-hang to open out, leave unblocked		
	Other			
Bathrooms	Baths/showers	Avoid baths. Showers are safer		
		Use a shower chair		
		Shower when someone is around		
		Don't bathe children alone		
		If using bath, leave plug out and wash with shower hose		
	Shower doors	Safety plastic rather than glass		
	Shower curtain	Remove or leave open to prevent entanglement		
	High shower trays	Lower or flat tray		
	Doors	Keep unlocked and hang to open outwards		
	Loose mirrors	Attach to walls		
	Hot water	Use a thermostat to control temperature		
	Other			

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			Yes	No
Hall	Stairs	Limit use of stairs if seizures are frequent		
		Use stair gates if wandering is a feature		
		Ground level may be best		
	Other			
Outdoors	Gates	Need to be secure to prevent wandering		
	Paving	If possible reduce areas with sharp, hard surfaces		
	Gravel	Reduce gravel in favour of grass		
	Pools/ponds	Fill in or cover with mesh		
	Sharp railings	Consider adapting or covering sharp features		
	Other			
Leisure	Flicker and glare	Check if Photosensitivity (PSE) applies		
		Follow PSE guidelines if applicable		
	Cycling	Wear protective headgear		
	Walking	Carry epilepsy ID and contact details		
	Events	Check if strobes/fireworks are used (PSE only)		
		Avoid known lifestyle triggers		
	Salons/spas	Seek medical advice about safe treatments		
	Travel and holidays	See guidelines about travelling with epilepsy		
		Keep to regular medication schedules		
		Keep medication in hand luggage		
		Carry prescriptions separately		
		Have ID card, EHIC card and travel insurance		
		Try to get rest and regular meals		
		Take extra care in extremes of heat or cold		
Safety guidance for activities same as at home				
Other				

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			Yes	No
Daily Life	Trigger factors	Learn which triggers might apply, e.g. alcohol, stress, etc.		
	Missing medication	Use a pill dispenser with a timer and alarm		
		Programme a mobile phone reminder		
	Losing medication	Store medications and prescriptions safely		
	First aid for seizures	Tell key people how they can help in a seizure		
	Other			
Sport	Gyms	Take medical advice on safe equipment use		
	Swimming	Never swim alone and avoid strong currents		
		Swim in a pool with a lifeguard on duty		
		Avoid high diving		
	High risk sports	Avoid boxing, climbing, bungee jumping, caving, sky diving and scuba diving		
	Water sports	Take medical advice on safety		
		Don't put others at risk		
		Wear a lifejacket at all times		
		Don't do the activity alone		
	Winter sports	Don't ski alone or go off piste		
	Training and exercise	Know what is a safe limit, and don't overdo it		
	Other			

Action Plan

Review your Personal Safety Plan checklist and when you have identified the changes needed, decide what actions you are going to take and prioritise the list here.

Hazard	Action Plan	Completed
1		<input data-bbox="1860 504 1917 564" type="checkbox"/>
2		<input data-bbox="1860 718 1917 778" type="checkbox"/>
3		<input data-bbox="1860 932 1917 992" type="checkbox"/>
4		<input data-bbox="1860 1142 1917 1203" type="checkbox"/>
5		<input data-bbox="1860 1356 1917 1417" type="checkbox"/>

Action Plan

Hazard	Action Plan	Completed
6		<input data-bbox="1766 405 1829 464" type="checkbox"/>
7		<input data-bbox="1766 620 1829 679" type="checkbox"/>
8		<input data-bbox="1766 831 1829 890" type="checkbox"/>
9		<input data-bbox="1766 1043 1829 1102" type="checkbox"/>
10		<input data-bbox="1766 1256 1829 1315" type="checkbox"/>

Support Network

Name: _____

Consider close family and friends who could form part of your support network :