**Keeping safe: your mitt removal list**



There will be times during the program when you will need to remove your mitt for your own safety. **Safety is always the top priority.**

If appropriate, your therapist may assess your safety whilst wearing the mitt for:

* Carrying objects in your weaker arm whilst walking
* Taking the mitt off by yourself (usually this should be within 1 minute)
* Walking with a stick.

For your safety whilst wearing your mitt on the program, the following tasks **are NOT permitted**:

* Going up and down the stairs indoors
* Going up and down outdoor steps e.g. in the garden
* Walking with an aid e.g. a walking frame
* Drinking a hot drink from a standard mug
* Pouring boiling water from a kettle
* Injections / taking medications
* Ironing
* Driving
* Taking hot food out of the oven / microwave
* Using a sharp knife or small implement e.g. chopping/peeling
* Using electric DIY tools such as drills etc.
* Handling any type of hot object which may burn you

It may be deemed safe for you to carry out some of these tasks as your program progresses. **However, this will require separate assessment and agreement from your therapist first.**

**NEVER USE YOUR WEAKER HAND IF YOU THINK YOUR**

**SAFETY COULD BE AFFECTED IN ANYWAY.**

*The above information has been reviewed, discussed, and agreed with the TeleCIMT participant and their supporter. Through conversation, they demonstrate good understanding/ awareness of how to minimise risk during the program using the mitt:*

**Therapist name and profession:**

**Signature:**       **Date:**