

Safety Tips to Prevent Falls at Home

Here are some ideas to use in your home to help prevent falls.

Throughout the Home

- Remove throw rugs so you do not trip on them.
- Replace or remove carpet that is torn or has turned-up edges. Avoid thick carpet. Shoes may catch on these and cause you to stumble or fall.
- Move furniture or other things that may block pathways.
- Be sure you have good lighting throughout your home.
- Use night lights or leave some lights on in the house to help you see at night or when you come home in the evening.
- Use switches that glow in the dark, so they can be seen more easily.
- Keep electrical cords and small things out of your path.
- Use your cane or walker rather than using furniture to give you support when walking.

Stairs

- Mount sturdy handrails to help with going up and down stairs. They should extend beyond the top and bottom stair.
- Improve the visibility on your stairs. Have good lighting on the stairs. Non-skid surfaces can be applied to wood stairs to prevent sliding.
- Paint a bright colored line on the edge of each step so they are more easily seen, especially if you have poor vision.

Talo-bixinta Amniga ah ee Kahortagga Ku Dhicidda Guriga

Halkan waxaa ku xusan dhawr fikradood oo aad ku isticmaali karto gurigaaga si ay kaaga gargaarto kahortagga ku dhicidda guriga.

Dhammaan Guriga

- Si looga hortago turaanturada, ka qaad oo tuur khatiifadaha.
- Roogga dillaacsan ee darafkiisu ama dhinaciisa rogmey ka qaad ama beddel roogaas (kaarbidkaas). Iska ilaali Roogga culus. Kabaha ayaa qabsan kara roogagaas oo sababi kara inaad ku turaanturooto.
- Iska durki Alaabta guriga (xafiiska) ama qalab kale taas dhici karta in ay dariiqa kaa xirto.
- Hubi in gurigu dhammaantiis leeyahay iftiin fiican.
- Isticmaal nalalka habeenkii ama kaga tag xoogaa laydh/nal ah guriga si ay kaaga gargaarto aragtida habeenkii ama marka aad guriga soo gasho habeenkii.
- Isticmaal meelo nalka laga shido oo madowga ku iftiima, si si-sahlan loo arko.
- Ka fogee meesha aad marayso xadhkaha dabka iyo waxyaabaha yaryar.
- Isticmaal tukube, ama ul meeshaad alaabta guriga uga isticmaali lahayd inaad cuskato markaad soconayso.

Jaranjarada

- Ku xir bir gacan leh oo xoogan si ay kuu caawiso in aad jaranjarada kor iyo hoos ugu fuuli kartid. Waana in la dheereyn karo kor ilaa hoos jaranjarada.
- Hagaaji aragtida jaranjarada. Nalal fiican geli jaranjarada. Sagxad aan taraarax lahayn ayaa lagu dabakhi karaa jaranjaro alwaax ah si looga hortago siibashada/taraaraxa.
- Rinji muuqda oo khad ah mari darifka ama geeska jaranjaro kasta si dhib yaraan loo arko, gaar ahaan haddii aragtidaadu liidato.

In the Bathroom

- Place non-skid decals or a mat in the tub or shower.
- Install grab bars around the toilet and in the shower or bathtub. Towel bars are to hold towels, and they will break if you use them as grab bars.
- Use a tub seat and an elevated toilet seat.
- Leave the bathroom door unlocked so it can be opened if you do fall.

In the Bedroom

- Avoid wearing long nightgowns or robes. These can cause you to trip.
- Avoid wearing loose shoes that cause you to scuff or shuffle your feet as you walk. Wear shoes or slippers that fit well and stay securely on your feet.

In the Kitchen

- Have commonly used items at counter level or within easy reach.
- Do not climb or reach to high shelves.
- If you use a step stool, use a stable step stool with a handrail.

Other Tips

- Be careful that you do not trip over your pet. Be aware of where your pet is when you are moving around.
- Use caution when sitting down. Before sitting down on a chair, make sure the backs of your legs are touching the seat of the chair behind you.
- Keep a telephone close by or consider carrying a portable phone.

Musqusha Gudaheeda

- Waxaad tubbada ama saxanka qubeyska dhigtaa wax aan lagu taraaraxayn ama sajaayad.
- Ku rakib biraha la qabsado hareeraha musqusha iyo saxniga lagu qubaysto. Meelaha la sudho tuwaalka , ama shukumaanka, waxa loogu talo galay tuwaalka, way jabayaan haddii aad u isticmaasho inaad cuskato.
- Isticmaal kursiga saxniga iyo kursi kacsan oo musqusha ah.
- Ha xidhin albaabka musqusha si loo furi karo haddii aad dhacdo.

Qolka Hurdada Gudhiisa

- Ka fogow in aad xirato qamiis ama dharka dheer dheer oo lagu seexo. Taasi waxay sababi kartaa jillaaf.
- Iska ilaali in aadan gashan kabo kaa weyn taasoo sababi karta in cagahaaga aad dhulka ku jiido ama socodkaagoo luuda. Gasho kabo ama dacas si fiican kuu le'eg oo cagahaaga le'eg.

Jikada Gudaheeda

- Ku daa walxaha aad loo isticmaalo miiska dushiisa ama meel laga gaadhi karo.
- Ha fuulin ama laacin khaanadaha dhaadheer.
- Haddii aad isticmaasho kursiga jaranjarada ah, isticmaal mid adag oo leh meelo la qabsado.

Talo-bxin kale

- Ka taxadar in aadan ku turaanturoon xayawaanka guriga. Hubso meesha uu joogo xayawaankaas markaad guriga dhex soconayso.
- Taxadar markaad fadhiisanayso. Ka hor ku fadhiisadka kursiga, hubi in lugahaaga xagooda danbe taabanayaan kursiga kaa danbeeya.
- Ku hayso taleefoon meel kuu dhow, ama tixgeli in aad qaadato taleefoonka gacanta.

- Take your time. Get in the habit of moving at speeds that are safe for your energy level and ability. Do not rush to answer the phone or door.
- Ask for help when getting up from bed, a chair or the toilet if you feel at all shaky, weak, dizzy or lightheaded.

Talk to your doctor or nurse if you have any questions or concerns.

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- Qaado wakhtigaaga. Yeelo dabecada ah in aad ku socoto xawaaraha adiga kuu sahlan awoodaada iyo xoogaaga. Ha isku deyin in aad orod kaga jawaabto taleefoonka ama albaabka.
- Warso gargaar marka aad ka kacayso sariirta, kursiga ama musqusha haddii aad dareento gariir, daciifnimo, dawakhsanaan ama wareer.

Haddii aad wax su'aalo ama walwal ah aad qabto, la hadal dhakhtarkaaga ama kalkaalisadaada.

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