

# 在家避免跌倒安全提示

## Safety Tips to Prevent Falls at Home

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

以下提示可供在家参照，以帮助避免跌倒。

### Floors

- Keep cords, furniture, and small objects out of walkways and off of stairs. Do not put electric cords under rugs or carpet.
- Large area rugs should have non-slip backing. If not, use double-sided tape to keep the rug securely attached to the floor. Remove throw rugs, so you do not trip on them.
- Replace or remove carpet that is torn or has turned-up edges. Use low pile carpet or solid flooring.
- Use bright tape or paint to mark areas where the flooring surface changes, such as from carpet to solid floors. It is easy to fall when walking from one type of flooring to another.

### 地板

- 通道和阶梯上不要放置线缆、家具或小物品。不要将电线置于地毯或垫子下。
- 面积较大的地毯应有防滑底层。如果没有，用双面胶将地毯固定在地板上。撤除小张地毯，以免在地毯上绊倒。
- 更换或撤除已撕破或边缘翘起的地毯。使用短绒地毯或实木地板。
- 用显眼的胶带或涂料标出地板表面发生变化的区域，如从地毯到实木地板的过渡地带。从一种地板材料走到另一种时很容易跌倒。

### Lighting

- Have lighting throughout your home. Use night lights in bedrooms, bathrooms, and near stairs.
- Use switches that glow in the dark, so they can be seen more easily.
- Keep electrical cords and small things out of your path.

### 照明

- 在家中布置充足的照明设备。在卧室、卫生间内以及阶梯旁布置夜间照明设备。
- 使用可在黑暗中发光的开关，以便于识别。
- 通道上不要放置电线或小物品。

## Stairs

- Mount sturdy handrails to help with going up and down stairs. They should extend beyond the top and bottom stair.
- Have lighting on the stairs. Apply non-slip surfaces to wood stairs to prevent falls.
- On the edge of each step, paint a bright colored line, so they are more easily seen.

## Furniture

- 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.
- Use chairs and furniture that are stable for your size and weight. Choose chairs that have armrests.

## 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.

## 楼梯

- 安装牢固的扶手，以便于上下楼梯。扶手应超出楼梯第一台阶和最后一台阶。
- 在阶梯上布置照明设备。在木质阶梯上布置防滑面，以防止跌倒。
- 在每个台阶的边缘涂上颜色显眼的线条，以便于识别。

## 家具

- 坐下时务必小心。坐到椅子上之前，务必使双腿背侧接触到身后椅子的座位。
- 使用适合您体型和体重的椅子和家具。选择带扶手的椅子。

## 卫生间

- 在浴缸或淋浴处放置防滑贴纸或垫子。
- 在马桶以及淋浴处或浴缸周围安装扶手杆。毛巾架用于挂毛巾，如果将其用作扶手杆，可能会断裂。
- 使用浴缸座台和升高的马桶座圈。
- 卫生间门不要上锁，以便在您跌倒时可以打开。

## Bedroom

- Avoid wearing long nightgowns or robes. These can cause you to trip.
- Wear non-slip shoes or slippers that fit well and stay securely on your feet. Loose shoes that cause you to scuff or shuffle your feet could cause you to fall.
- Sleep in a bed that is easy to get into and out of.
- Place a lamp, telephone, and flashlight near your bed in case you need them during the night.

## Kitchen

- Place items you use often at counter level or within easy reach.
- Use a sturdy step stool with a handrail to reach items on high shelves. Do not climb on the counter or use chairs.
- Wear non-slip shoes in the kitchen to avoid falls.

## Outside your home

- Leave some outside lights on at night to prevent falls if you or others go outside or come home after dark.
- Ask someone to repair cracks in your pavement and fill holes in the lawn.
- Get help to remove rocks, tools, snow, wet leaves, and ice on walkways and stairs.

## 卧室

- 避免穿着较长的睡衣或长袍。否则可能导致您绊倒。
- 穿着合脚且可穿牢的防滑鞋或拖鞋。需要您拖着脚走的宽松鞋可能导致您跌倒。
- 床铺应易于上下。
- 在床旁放置灯、电话和手电筒，以备夜间使用。

## 厨房

- 将常用物品放在台面或容易拿到的范围内。
- 如要取放在高层架子上的物品，使用带扶手的牢靠梯凳。不要攀爬厨房柜台或使用椅子。
- 在厨房时穿着防滑鞋，以免跌倒。

## 在户外

- 在夜间保留一些室外灯光，以避免您或他人天黑后外出或回家时跌倒。
- 请人维修人行道上的裂缝，并填平草坪上的坑洞。
- 请人帮忙清除通道和楼梯上的石块、工具、积雪、潮湿树叶和冰块。

## Other tips

- 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.
- Use your cane or walker rather than using furniture to give you support when walking.
- Be careful that you do not trip over your pet. Be aware of where your pet is when you are moving around.
- Keep a telephone close by or carry a mobile phone. You may want to consider a personal alarm or monitor service if you are at high risk for falls.
- Talk to your doctor about the medicines you take and if they affect your balance and coordination.

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

## 其他建议

- 保持从容。养成习惯，以适合您体力和能力的速度进行活动。不要着急接电话或应门。
- 当您从床、椅子或马桶上站起时，如感觉摇晃、虚弱、眩晕或头重脚轻，务必求助。
- 行走时利用您的手杖或助行器，避免借助家具作为支撑。
- 避免被宠物绊倒。四处走动时，注意宠物的位置。
- 将电话放置在附近，或随身携带移动电话。如果您面临的跌倒风险较高，可能需要考虑个人报警器或监控服务。
- 与医生讨论您所使用的药物，确认这些药物是否会影响您的平衡感和协调性。

**如果有任何疑问或担心，请咨询医生或护士。**