

Tallooyinka Badbaadada ee looga Hortagayo Dhacitaanada Guriga

Safety Tips to Prevent Falls at Home

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

Halkaan waa qaar ka mid ah fikradaha lagu isticmaalo gurigaaga si loogu caawiyo ka hortaga dhacitaanada.

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.

Dhulalka

- Ku haay fillooyinka, alaabta guriga, iyo sheeyada yar meel ka baxsan wadooyinka socodka iyo ka baxsan jaranjarooyinka. Ha gelin fiiloooyinka korontada hoosta katiifada iyo roogaga.
- Aaga balaaran ee katiifada waa inaysan lahaanin taageero aanan warqad aheyn. Haddii aysan aheyn, isticmaal koolada labada dhinac leh si looga illaaliyo in katiifada si badbaado ah ugu lifaaqanto dhulka. Ka saar tuur katiifada, si markaas aadan ugu safrin iyaga.
- Ku badel ama ka saar roogaga dhammaaday ama badelmay geesaha. Istickmaal rooga raseynta hooseyso ama dhulka adag.
- Istickmaal koolada cad ama riinjiga lagu calaameynayo aagaga halka sagxada dhulka isbadelaan, sida ka bilow rooga illaa dhulalka adag. Way sahlantahay in la dhaco markii laga lugeynayo ka bilow hal nooc oo dhulka illaa mid kale.

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.

Nalalka

- Lahaatid nalka illaa gurigaaga. Ku isticmaal nalalka habeenkii qololka jifka, qubeyska, iyo u dhow jaranjarooyinka.
- Istickmaal daminada iyo daaraha ee ifiyo mugdiga, marka waxaa loo arki karaa si aad u sahan.
- Ku haay fiillooyinka korontada iyo waxyaabaha yar markii laga saaro wadada.

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.

Jaranjarooyinka

- Gacan qabsiga buuraha adag ee kugu caawinayo kor iyo hoos aadista jaranjarooyinka. Waxay aheyd inay kordhiyaan wax dhaafsan kor iyo hoos ee jaranjarada.
- Nalal ku leedahay jaranjarada. Codso sagxada aanan taraaraxa laheyn ee jaranjarada alwaax si looga hortago dhacitaanada.
- Geeska tallaabo walba, leenka riinjiga cad, si markaas si aad u dhow loogu arkayo.

Alaabta guriga

- Isticmaalka taxadarka marka aad hoos fadhidiid. Ka hor hoos fadhiisiga ee korsiga, iska hubi gadaasha lugahaaga waxay taabanayaan korsiga adiga kaa gadaaleeyo.
- Isticmaal korsiga iyo alaabaha guriga ee u xasiloona cabirkaaga iyo culeyska. Dooro kuraasta leh gacan saarka.

Qubeyska

- Dhig tabeelooyinka aanan taraaraxa aheyn ama darin tuubada ama qubeyska.
- Geli qeybaha soo qabsashada agagaarka musqusha iyo gudaha musqusha ama baafka qubeyska. Qeybaha shukmaanka waxay celinayaan shukumaanada, oo waxay jibinayaan haddii aad u isticmaashid sida qeybaha qabsashada.
- Isticmaal korsiga musqusha iyo fadhiga musqusha kacsan.
- Kaga tag albaabka musqusha mid aan xirneyn, marka waa la furi karaa haddii aad dhacdid.

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.

Qolka jiifka

- Ka fogow xirashada dharka jiifka ama xargaha. Tani waxay kugu sababi kartaa inaad dhacdid.
- Xiro kabo aanan lagu taraarixin ama kabaha ee si wanaagsan ula eg oo si amni ah ugu taagnow cagtaada. Dabci kabaha kugu sababaa inaad luudida ama isku shaandheynta cagtaada waxay kugu sababi kartaa dhacid.
- Ku seexo sariir sahlan inaad u tagtid oo banaanka ah.
- Ku meeley laambad, taleefon, iyo nalka tooshka ee sariirtaada u dhow haddii aad u baahato iyaga inta lagu jiro habeenka.

Jikada

- Ku meeley sheeyada aad inta badan ku isticmaashid heerka miiska ama sahlan in la gaari karo.
- Isticmaal hakadka korsiga lagu joogsado oo aad cuskatid si aad sheeyada u gaartid ee armaajada. Ha fuulin miiska ama isticmaal kuraasta.
- Xiro kabo aanan lagu taraarixin ee jikada si aad uga fogaatid dhacitaanada.

Banaanka gurigaaga

- Uga tag qaar ka mid ah nalalka banaanka habeenka si aad uga hortagtid dhacida haddii adiga iyo dadka kale banaanka aadaan ama guriga imaadaan mugdiga kadib.
- Weydii inuu qof sameeyo jajabka salaaxaaga oo ka buuxiyo gododka cowska.
- Hel caawin aad uga saartid dhagaxaanta, qalabyada, barafka, caleemo qoyan, iyo barafka wadooyinka socodka iyo jaranjarooyinka.

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.

Tallooyinka kale

- Waqtigaaga qaado. Helida dabeecada ku socodka xawaaraha badbaado u ah heerkaaga tamarta iyo kartida. Haku degdegin inaad ka jawaabtid taleefonka ama albaabka.
- Weydii caawin marka aad ka ka ceysid sariirta, korsiga ama musqusha haddii aad dareentid in dhammaan gariirayaan, tabar daran, wareerka, ama madax xanuun yar.
- Isticmaal ushaada ama biraha badelkii aad isticmaali laheyd alaabta guriga si ay taageero kuu siiso marka aad lugeyneysid.
- Ka taxadar inaad ku dul dhicin xayawaankaaga. Ka taxadar halka xayawaankaaga guriga uu joogo marka aad agagaarka ku socotid.
- Ku hayso taleefonkaaga meel kuu dhow ama qaado taleefonka mobeelka. Waxaad rabi kartaa inaad tixgelisid alaarmiga gaarka ah ama kormeertid adeega haddii aad halis sareyso ku jirtid oo dhacitaanada ah.
- Kala hadal dhaqtarkaaga wax ku saabsan daawooyinka aad qaadatid iyo haddii ay saameeyaan dheelitirkaaga iyo xiriirka.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.

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