

# 在家預防跌倒的安全提示

## Safety Tips to Prevent Falls at Home

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

### 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.

### 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.

以下是一些安全提示，有助於預防在家中跌倒。

### 地板

- 走道和樓梯上不要放置纜線、傢俱或小物件。不要將電線放在毛毯或墊子下。
- 面積較大的地毯應有防滑襯墊。如果沒有襯墊，使用雙面膠將地毯穩固在地板上。撤除小地毯，以免在地毯上絆倒。
- 更換或撤除破損或邊緣捲起的地毯。使用短絨毛毯或硬地板。
- 地板表面有變化的地方使用亮色膠帶或塗料標示出來，例如地毯與硬地板交界的地方。從一種地板材料走到另一種地板材料時，很容易跌倒。

### 照明

- 家中應有充足的照明設備。臥室、浴室及樓梯附近應安裝夜間照明燈。
- 使用可在夜間發光的開關，如此即能輕易看到開關。
- 走道上不要放置任何電線或小物件。

## 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.

## 樓梯

- 安裝穩固的扶手，幫助您上下樓梯。扶手應超出樓梯第一階和最後一階。
- 以照明燈照亮樓梯。木質樓梯表面應採用防滑處理以預防跌倒。
- 在每一階的邊緣塗上明亮的線條，以便辨識。

## 傢俱

- 坐下時要小心。坐到椅子上以前，要確認您的腿背接觸到身後椅子的座位。
- 使用適合您的體型與體重的椅子或傢俱。選擇有扶手的椅子。

## 浴室

- 在浴缸或淋浴間放置防滑貼紙或防滑墊。
- 在馬桶、浴缸或淋浴間安裝扶手桿。毛巾架用於晾掛毛巾，用它們當扶手可能會斷裂。
- 使用浴缸座和升高的馬桶座。
- 浴室門不要上鎖，這樣跌倒時可以將門打開。

## 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.

## 臥室

- 避免穿著長睡衣或長袍。這種睡袍可能將您絆倒。
- 穿著合腳且可穿牢的防滑鞋或拖鞋。太大的鞋子會讓您拖著腳走路，可能導致跌倒。
- 床的高度應方便上下床。
- 床邊放置檯燈、電話和手電筒，以備夜間使用。

## 廚房

- 將常用的物品放在檯面或容易拿取的地方。
- 使用有扶手的穩固腳凳拿取高架上的物品。切勿攀爬廚房檯面或用椅子。
- 在廚房時應穿著防滑鞋以防跌倒。

## 室外

- 夜間時開啟室外照明燈，以防您或其他人夜間外出或回家時跌倒。
- 請人修理人行道的裂縫和草坪的坑洞。
- 請人幫忙清除走道或樓梯上的石塊、工具、積雪、溼滑的落葉及冰塊。

## 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.**

## 其他提示

- 保持從容。養成習慣，以適合您體力與能力的速度進行活動。不要急著接電話或應門。
- 如果從床、椅子、或馬桶座起身時感到搖晃、虛弱、暈眩或頭重腳輕，務必請人幫忙。
- 行走時，使用手杖或助行器做支撐，不要扶著傢俱行走。
- 小心不要被寵物絆倒。四處走動時，應注意寵物的位置。
- 將電話放在附近或使用行動電話。如果您面臨較高的跌倒風險，應考慮安裝個人警報器或使用監視服務。
- 與醫師討論您服用的藥物，確定這些藥物是否會影響您的平衡與協調能力。

**若您有任何疑問或擔憂，請諮詢您的醫生或護士。**