

# 防止在家跌倒

## 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.
- Large area rugs should have non-slip backing. If not, use double-sided tape to keep the rug securely attached to the floor. **Do not** use throw rugs.
- 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 floor surface changes, such as from carpet to solid floors. It is easy to fall when you walk from one type of flooring to another.

### Lighting

- Keep areas of your home well lit. 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.

以下提示可供在家参照，以防止跌倒。

### 地板

- 勿在通道和阶梯上放置线缆、家具或小物品。**切勿**将电线置于地毯下。
- 面积较大的地毯应有防滑底层。如果没有，请用双面胶将地毯固定在地板上。**切勿**铺放小块地毯。
- 移除已破损或边缘翘起的地毯。使用短绒地毯或实木地板。
- 用醒目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。不同地板材料之间的过渡地带易发生跌倒。

### 照明

- 保持家中各个区域照明良好。在卧室、卫生间内以及阶梯旁布置夜间照明设备。
- 使用夜光开关，以便易于寻找开关位置。
- 勿在通道上放置电线或小物品。

## Stairs

- Place handrails on both sides of your stairs to help with going up and down stairs. These handrails should extend beyond the top and bottom stair.
- Try not to carry anything, or carry as little as possible, when you use the stairs.
- Use good lighting on the stairs. Apply non-slip surfaces to wood stairs to prevent sliding.
- Use bright tape or paint on the edge of each step, so they are more easily seen.

## Furniture

- Be careful when you sit down. 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.
- Get help to move furniture that may block your walking path.

## Bathroom

- Use 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 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 fall.

## 楼梯

- 在楼梯两侧安装扶手，以帮助上下楼梯。扶手在楼梯的第一级台阶和最后一级台阶应延伸出一定距离。
- 上下楼梯时，尽量不携带或少携带物品。
- 保持楼梯照明良好。在木质台阶上布置防滑面，以防止滑倒。
- 在每级台阶的边缘使用醒目的胶带或涂料，以易于识别。

## 家具

- 小心落座。坐下前，请确保双腿背面接触到身后的椅子。
- 使用适合您体型和体重的椅子和家具。选择带扶手的椅子。
- 请人帮忙移开可能阻碍您步行路径的家具。

## 卫生间

- 在浴缸或淋浴处使用防滑贴纸或垫子。
- 在马桶以及淋浴处或浴缸周围安装扶手杆。如果将毛巾架用作扶手杆，毛巾架可能会断裂。
- 使用浴缸座台，加高马桶座圈。
- 卫生间门不要上锁，以便在您跌倒时可以打开。

## Bedroom

- **Do not** wear long nightgowns or robes. These can cause you to trip.
- **Do not** wear loose shoes that cause you to shuffle your feet when you walk. Wear non-slip shoes or slippers that fit well and stay securely on your feet.
- 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 outside lights on at night to prevent falls if you are out after dark.
- Get help to repair cracks in your pavement and fill holes in your lawn.
- Get help to remove rocks, tools, snow, wet leaves, and ice on your outside walkways and stairs.

## 卧室

- **避免**穿着长款睡衣或睡袍。否则可能导致您绊倒。
- **不要**穿太松的鞋子，以免走路时拖脚。应穿合脚且可穿牢的防滑鞋或拖鞋。
- 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，请使用带扶手的牢靠梯凳。**不要**攀爬厨房柜台或站上椅子。
- 在厨房时应穿防滑鞋，以免跌倒。

## 室外

- 室外应保留一些夜间照明，以免天黑后外出时跌倒。
- 请人维修人行道上的裂缝，并填平草坪上的坑洞。
- 请人帮忙清除户外通道和楼梯上的石块、工具、积雪、潮湿树叶和冰块。

## Other tips

- Be careful not to trip over pets. Be aware of where your pet is when you move around.
- Take your time. Do not rush to answer the phone or door, or to get up at night to use the bathroom.
- Always keep a telephone within reach. It may help to keep a mobile phone in your pocket or use an emergency alert necklace in case you fall and are unable to reach your phone.
- Consider using smart devices in your home that let you use your voice to call for help.
- If needed, use a cane or walker to give you support when you are walking.
- Ask for help when you get up if you feel shaky, weak, dizzy, or lightheaded.
- Talk to your health care provider about getting a fall risk assessment done. Providers such as physical therapists can do simple tests to measure your risk of falling.

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

## 其他建议

- 小心不要被宠物绊倒。四处走动时，注意宠物的位置。
- 慢慢来。接电话、应门或起夜上卫生间时不要急。
- 始终将电话放在伸手可及之处。将手机放在口袋里，或使用紧急警报项链，以防跌倒或无法够到手机。
- 考虑在家中使用的智能设备，让您可以使用语音呼叫帮助。
- 如有需要，使用手杖或助行器辅助行走。
- 如在起床时感到站不稳、虚弱、目眩或头晕，请寻求帮助。
- 咨询您的健康护理提供者如何进行跌倒风险评估。健康护理提供者（如物理治疗师）可以采用一些简单的检查来衡量您的跌倒风险。

如有任何疑虑，请咨询医生或护士。