

預防在家跌倒

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。**不要**鋪放小塊地毯。
- 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

- 保持家中各區域照明良好。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

- 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.

樓梯

- 在樓梯兩側安裝扶手，以幫助上下樓梯。扶手應超出樓梯第一階和最後一階。
- 上下樓梯時，儘量不攜帶或少攜帶物品。
- 保持樓梯照明良好。木質樓梯表面應採用防滑處理以預防滑倒。
- 在每級臺階的邊緣使用亮色膠帶或塗料標示，以易於識別。

傢俱

- 小心落座。確認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。
- 請人幫忙移開可能阻礙您步行路徑的傢俱。

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。用毛巾架當扶手可能會使毛巾架斷裂。
- 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

- **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.

臥室

- **避免**穿著長睡衣或長袍。這種睡袍可能將您絆倒。
- **不要**穿太松的鞋子，以免走路時拖腳。穿著合腳且可穿牢的防滑鞋或拖鞋。
- 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，以防您夜間外出時跌倒。
- 請人修理人行道的裂縫和草坪的坑洞。
- 請人幫忙清除戶外走道或樓梯上的石塊、工具、積雪、溼滑的落葉及冰塊。

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.

其他提示

- 小心不要被寵物絆倒。四處走動時，應注意寵物的位置。
- 保持從容。接電話、應門或起夜上衛生間時不要急。
- 始終將電話放在伸手可及之處。將手機放在口袋裡，或使用緊急求救項鍊，以防跌倒或無法夠到手機。
- 考慮在家中使用智慧設備，讓您可以使用語音呼救。
- 如有需要，使用手杖或助行器輔助行走。
- 如在起床時感到站不穩、虛弱、目眩或頭暈，請尋求幫助。
- 諮詢您的健康護理提供者如何進行跌倒風險評估。健康護理提供者（如物理治療師）可以採用一些簡單的檢查來衡量您的跌倒風險。

如果您有任何疑問或顧慮，請諮詢您的醫生或護士。