



預防跌倒 Prevent falls

1. 當您有服用安眠藥或感頭暈，血壓不穩時，下床應先坐在床緣，再由家屬扶下來。

If you take sleep pills or feel dizzy, or feel blood pressure is unstable, when you get up, first sit at the edge of bed, then let your family help you.

2 您需要任何協助而無家屬在旁，請立即按叫人鈴通知護理人員。

When you need help, but no family is nearby, please press the red call bell to call nurse for help immediately.

3. 地面弄濕，請告訴護理人員，以防不慎跌倒。

If the floor is wet, please inform the nurse to prevent slips and falls.

4. 物品請盡量收於櫃內，以保持走道寬敞。

Put all your things in the bedside cabinet to keep the walkway clear.

5. 護理師已將床欄拉起時，若需下床應先將床欄放下來，切勿翻越。

If the bedrails are pulled up, when you want to get up from bed, please pull down bedrails or call nurse for help. Don' t climb over the bedrail by yourself.

6. 當您照顧的病人有躁動不安、意識不清時，請將床欄拉起，並通知醫護人員協助。

When the patient is agitated, anxious or confused, please pull up bedrails and restrain him (her) for safety and protection. When the patient is agitated, anxious or confused, please pull up bedrails and restrain him (her) for safety and protection, and contact medical staff to assist in handling.

7. 若您的衣褲太大時，請更換適合的衣褲。

If the clothes you wear is too big, please replace with fitted clothes.

8. 應穿防滑鞋，切勿打赤腳。

Please wear non-slip shoes in the ward to avoid slips and falls. To walk barefoot is forbidden.

9. 病房盡量保持燈光明亮。

Keep the ward as well-lit as possible to avoid poor eyesight and falls.

10. 如廁時，有緊急事故，請按廁所內叫人鈴告知護理人員。

If emergencies happen in the toilet, please press the red call bell inside to inform nurses for help.

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