



預防跌倒衛教單-英文版



Accompanied
全程陪同



Prepare items first
先備妥物品



Items placed in easy to get
物品放在易拿處

如廁、沐浴篇

Toilet and bath



Be careful of slippery
小心濕滑



Press the bell when needed
需要時按呼叫鈴



Use handrails
使用扶手



Attention threshold
注意門檻



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Bright light
光線明亮



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Prepared assistive equipment
備妥輔具



Press the bell when needed
需要時按呼叫鈴

上、下床篇

Upper and lower beds



Wear suitable shoes and pants
穿合適的鞋褲



First sit down and then get up and walk
先坐再走



Before going to bed to the toilet
睡前上廁所



Pull up the bed rails on both sides
兩側床欄拉起



Remove obstacles
移除障礙物