

For Caregivers and Visitors

- Let our staff know if your loved one has had a fall before or needs help moving around, so we can take better care of them.
- Stay with the patient during the visit. If you need to step away, let our staff know so that they can look after them.
- Make sure the patient wears shoes that fit well and do not slip. Avoid high heels, flip-flops, sandals, or worn-out footwear as these can cause falls.
- Keep the patient's things near to them so that they do not have to stretch or reach too far.
- If you see any spills or obstacles on the floor, tell our staff right away so we can clear them quickly.
- Ask our staff for help anytime, we are here to support you.

给看护者与探访者的建议

- 如果病患曾经跌倒过，或走动时需要帮助，请告知我们的医护人员，让我们更好地照顾他们。
- 探访时请陪伴病患身边。如需离开，请告知医护人员，以便他们照看病患。
- 确保病患穿着合脚防滑的鞋子，避免穿拖鞋或凉鞋，以防滑倒。
- 将病患常用物品放在容易拿取的地方，减少他们弯腰或伸手的需要。
- 如果发现地板有水渍或任何障碍物，请马上告知医护人员，以便及时清理。
- 如果需要帮助，请随时向医护人员寻求协助。



Fall Prevention Guide 预防跌倒指南

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Most Falls Can Be Prevented

Patient safety is our top priority. We work closely with patients and their families to spot and reduce the risk of falls during their hospital stay and after they go home. Our team carries out thorough assessments and takes preventive steps to help keep every patient as safe as possible.

大多数跌倒是可以预防的

病患安全是我们的首要任务。我们与病患及其家属携手合作，共同识别并减少住院期间及出院后的跌倒风险。我们的团队会进行全面评估并采取预防措施，尽力保障每位病患的安全。

Know the Fall Risks

Understanding the common causes of falls is the first step to stay safe. These include:

- Being sick or having an infection can make the body weak and affect balance.
- Starting new medications or changing medications may cause dizziness, drowsiness, or other discomforts.
- Being in an unfamiliar place can be confusing and make moving around harder.
- Having trouble walking or remembering things can make it harder to react quickly and stay safe.



- Staying in bed for too long can weaken muscles, making it harder to walk steadily.
- Feeling less confident and tense when moving around, especially after a previous fall, can lead to unsteady steps.
- Wearing shoes that do not fit well or are worn out can affect balance.

了解跌倒风险

了解可能导致跌倒的原因，有助于预防跌倒。常见原因包括：

- 生病或受到感染可能使身体虚弱，影响平衡。
- 服用新开或更换的药物可能会引起头晕、困倦或其他不适。
- 在不熟悉的环境里，容易搞不清方向，使走动变得更加困难。
- 走路不稳或容易忘事，可能让人更难及时反应和做出安全的判断。
- 长时间卧床可能会使肌肉变得无力，走路容易不稳。
- 走动时感到缺乏信心或紧张，尤其是曾经跌倒过后，容易导致步伐不稳。
- 穿着不合脚或破旧的鞋子，容易影响平衡。

For Patients

- Move slowly. Avoid quick or sudden movements, especially when turning or getting up.
- Do not move around alone. Have a family member or friend with you when possible.
- Call for help if you feel weak, dizzy, or unsteady.
- Look out for obstacles, wet floors, and people around you.
- Do not get up or walk on your own if staff have advised you not to.
- Wear shoes that fit well and are non-slip.
- Always use your walking aids, such as a cane or walker, if you have one.
- Do not stretch or bend to reach items. Ask for help instead.
- Ask staff to show you where the toilet and other important areas are.



病患须知

- 动作要慢，起身或转身时，避免突然移动。
- 避免独自走动，尽可能让家人、朋友或医护人员陪同您。
- 如感到不舒服、头晕或站不稳，请立刻寻求帮助。
- 走动前，留意障碍物、湿滑地面及来往的人。
- 请听从医护人员的指示。如医护人员告知您不要独自起身或走动，请务必遵从。
- 穿合脚、防滑的鞋子，不要穿太松或容易掉落的鞋。
- 如果有拐杖或助行架，走动时请随身携带使用。
- 不要勉强伸手或弯腰取东西，请让医护人员或家人帮忙。
- 请让医护人员带您熟悉周围环境，了解厕所及其他重要区域在哪里。

