

双手失去知觉人群的日常活动安全

Safety for Daily Activity with Loss of Sensation in Hands

When there is less feeling or sensation in your hands and fingers, you are at greater risk for injury with activity each day. Read this and think about how to change the tasks you do to reduce your risk of injury and to be able to hold and handle things safely.

General safety

- Turn on lights before doing any tasks in the home, in the car and at work.
- Keep your hands and arms in view and always know where they are.
- Do regular checks of your fingernails to make sure they are clean, cut and not infected.
- Watch small cuts, blisters and bug bites for infection or other changes. Call your provider right away if you have any concerns.

Working near the stove and oven

- Use your eyes to pay special attention to the oven, stove top, microwave or toaster being on and hot.
- Use oven gloves when removing items from the oven and microwave, not dish rags or towels.



当您的手和手指知觉较差时，您在日常活动中受伤的风险也相应增加。请阅读本宣传册，并思考如何改变您的日常活动，以便安全地握持和处理物品，进而减少受伤的风险。

一般安全

- 在家中、车上和工作中进行任何活动之前，请打开灯。
- 保持双手和手臂在视野中，并始终知晓其位置。
- 定期检查指甲，以确保其清洁、已修剪且未被感染。
- 留意轻微的割伤、水泡和虫咬伤，以防感染或发生其他变化。如有任何疑问，请立即致电医疗保健提供者。

在炉灶和烤箱旁工作时

- 请特别留意处于开启和高温状态时的烤箱、炉灶、微波炉或烤面包机。
- 从烤箱和微波炉中取出食物时，请使用烤箱手套，而非抹布或毛巾。



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- Pull oven racks out of the oven before using to reduce risk of burning your forearms.

Washing dishes

- When washing dishes in the sink, check the temperature of the water with your unaffected hand or other body part.
- Use rubber dish gloves to protect your hands from sharp objects and hot water.
- Let dishes cool off before removing them from the dishwasher.
- If you need to get something from inside the garbage disposal, make sure it is turned off and use tongs to reach inside.

Reaching into drawers and other places

- Look to know what is in the drawer or pocket before reaching your hand in.
- Place dividers in drawers to keep sharp objects separate from other objects.
- Place silverware point side down in the dishwasher.

Cutting and slicing

- Keep hands and fingers in sight when using sharp or hot objects.
- Use a fork or a device, such as one-handed cutting board, to stabilize the item you are slicing, or use a food processor or chopper for cutting and dicing.
- Use a pill splitter to easily cut pills in half.
- Consider using a rocker knife, a pizza cutter or kitchen scissors to cut food.

Things to help you grip or hold everyday items

- Ask your pharmacist for easy to open pill containers.

- 先将烤箱架从烤箱中拉出，以降低灼伤前臂的风险。

洗碗时

- 在水槽中洗碗时，请用有知觉的手或身体其他部位检查水温。
- 请使用橡胶手套，以保护您的手免受尖锐物和热水的伤害。
- 待餐具冷却后再将其从洗碗机中取出。
- 如果您需要从垃圾处理器中取出东西，请确保已将其关闭并使用钳子伸入其中。

将手伸入抽屉等处

- 将手伸入抽屉或口袋之前，先查看装在其中的物品。
- 在抽屉中放入隔板，将尖锐物与其他物品分开。
- 将银器放入洗碗机中时，锋利的一侧应朝下。

切割和切片

- 使用尖锐或高温物品时，请保持手和手指在视线范围内。
- 使用叉子或设备，例如单手切菜板等器具固定住将要切片的食物，或者使用食物处理器或切碎机进行切割和切片。
- 使用药片分离器轻松切割药片。
- 使用摇刀、比萨切割器或厨房剪刀切割食物。

帮助您抓握日常用品的物品

- 向药剂师咨询易开启的药片容器。

- Add Velcro self-stick tabs to keypads, video games and microwave buttons to locate and keep fingertips on specific buttons.
- Use an electric razor instead of a disposable razor to reduce the chance of cutting your skin.
- Make items larger or wider, so they are easier to hold. For example, wrap small handles with textured cloth or pipe foam insulation. Wrap tightly, so it doesn't slide or move on the object.
- Use texture on smooth objects, especially if they are small or thin, to help your grip. For example, add a wrap to a pen, add Velcro or gripper pads, or use a jar opener.
- Wear gloves to help your grip while gardening, biking and exercising.



- 在键盘、游戏机和微波炉按钮上使用自粘式魔术贴，以帮助指尖定位并保持在特定按钮上。
- 使用电动剃须刀代替一次性剃刀，以降低割伤皮肤的风险。
- 将物品做得更大或更宽，以便于握持。例如，用纹理布或泡沫管绝缘材料包裹较小的手柄。应包裹牢固，以免其在物品上滑动或移动。
- 在光滑的物品（尤其是较小或较薄的物品）上使用纹理表面，以帮助您握持。例如，用纹理材料包裹笔，使用魔术贴或防滑垫，或使用开罐器。
- 在从事园艺、骑自行车和锻炼时，请戴上手套以帮助抓握。

Other things to help

- Wear winter mittens or gloves when it starts getting cold.
- Clean or dust surfaces, such as countertops, often to clear away sharp debris.
- Use a dustpan and broom to clean up broken glass. Do not use your hands for any part of task.



其他有帮助的物品

- 天气转冷时，请戴上冬天用的连指手套或分指手套。
- 经常清洁表面（例如台面），以清除尖锐的碎屑。
- 使用簸箕和扫帚清理碎玻璃。切勿用手清理。

Making changes to your daily routine can help make them easier and safer. For other ideas or concerns, please contact your therapist.

对日常生活习惯作出适当的改变，可帮助您更轻松、更安全地完成它们。如有其他想法或疑问，请联系您的治疗师。