

Badbaadada Hawlaha Maalinlaha ah Marka Gacmaha ay ka Lumaan Dareenka

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.

Markii gacmahaaga iyo farahaaga aysan lahayn dareen ama dareenka uu ku yar yahay, waxaad halis weyn ugu jirkaa in dhaawac uu kaa soo gaaro hawlo maalmeedka maalin kasta. Aqri macluumaadkaan oo ka fikir sida aad wax uga badeli kartid howlaha aad qabato si aad u yareyso khatarada dhaawaca iyo si aad ugu awoodo inaad sheeyada u qabsato una maareyso si badbaado leh.

Badbaadada guud

- Nalalka daar kahor intaadan wax hawl ah ka sameynin guriga, gaariga iyo shaqada.
- Ku haay gacmahaaga iyo xusuladaada meel aad ka arki karto oo marwalbana ogoow halka ay yaaliin.
- Baaritaan joogto ah ku sameey ciddiyahaaga si aad u habsato inay yihiin nadiif, oo ay go'an yihiin oo aynaan infekshan qabin.
- Iska fiiri jeexjeexa yaryar, finanka iyo qaniinyada cayayaanka ee keena infekshan ama isbeddelada kale. Isla markiiba wac adeeg-bixiyahaaga haddii aad wax walaac ah qabtid.



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



Ka shaqeynta meel u dhow foornada iyo qalabka cunto karinta

- Isticmaal indhahaaga si aad fiiro gaar ah ugu yeelatid foornada, jikada dusheeda, microwave-ka ama mashiinka shiilitaanka hilibka inay daaran yihiin oo ay kulu yihiin.
- Isticmaal galoofyada foornada markii aad alaab ka soo saareyso foornada iyo mikrowaafka, ha isticmaalin qabsiga saxanka ama shukumaan.
- Soo jiid burqadaha foornada kahor inta aanad isticmaalin si aad u yareyso khatarta ah inaad gacmaha ka gubato.

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.

Dhaqitaanka saxamada

- Markaad saxamada ku dhaqayso goobta dhaqitaanka alaabta, hubso heerkulka biyaha adigoo isticmaalaya gacantaada aan infekshanka lahayn ama qayb kale ee jirkaaga ka mid ah.
- Isticmaal galoofiska caaga ah ee suxuunta si aad gacmahaaga uga ilaaliso waxyaabaha afka leh iyo biyaha kulul.
- U ogolow suxuunta inay qaboobaan ka hor intaadan ka soo qaadin makiinada suxuunta lagu dhaqo.
- Haddii aad u baahan tahay inaad wax kala soo baxdo weelka qashin qubka gudahiisa, hubi inuu dansan yahay oo isticmaal dab-qabad si aad gudaha u gaartid.

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.

Wax kala soo bixida khaanadaha iyo meelaha kale

- Fiiri si aad u ogaatid waxa ku jira khaanadda ama jeebka ka hor intaadan gacantaada galin.
- Khaanadaha waxaad gelisaa kala-qeybiye si aad ugu kala saarto waxyaabaha afka leh ee dadka dura iyo waxyaalaha kale.
- Weelasha caarada leh dhanka hoose u dhig marka aad gelinaysid mashiinta alaabta lagu dhaqo.

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.
- 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.

Goynta iyo jarista

- Gacmaha iyo faraha ku hay indhaha marka aad isticmaaleyso shay fiqan ama kulul.
- Isticmaal fargeeto ama aalad, sida looxa goynta halka gacan ah, si aad u xasiliso shayga aad jarjarayso, ama isticmaal mashiinka cuntada ama mashiinta wax lagu jarjaro si aad ugu isticmaasho goynta iyo jarjarista.
- Isticmaal qalabka lagu kala jaro kiniiniga si aad si fudud ugu kala gooyid kaniiniga badh.
- Ka fakar inaad isticmaasho mindi, qalabka lagu jaro pizza ama maqaska jikada si aad cuntada u kala gooyso.

Waxyaabaha kaa caawinaya inaad qabatid ama gacanta ku haysid alaabta maalin kasta la isticmaalo

- Weydii farmasiilahaaga konteenarada kiniiniga ee sida sahalka ah loo furi karo.
- Ku dheji calaamada Velcro batoonada kiiboodhka kumbiyuutarka, batoonada cayaaraha muuqaalka ama microwave-ka si aad faraha ugu taaban kartid batoonada noocaas ah ee gaarka ah.
- Isticmaal sikiinta korontada halkii aad ka isticmaali lahayd sikiinta la tuuro si aad u yareyso fursadda ah inaad jarto maqaarkaaga.
- Alaabta ka dhig kuwo waaweyn ama ballaaran, si markaa ay u noqdaan kuwo fudud in la qabto. Tusaale ahaan, ku duub gacanka yar maro jilicsan ama warqada xumbada ah ee tuubooyinka lagu dhejiyo. Si adag ugu duub, si aysan u sibixin ama ugu dhaqaaqin gees.

- 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.

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.



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

- Isticmaal waxyaalaha jilicsan, gaar ahaan haddii ay yar yihiin ama dhuuban yihiin, si ay kaaga caawiyaan qabsashadaada. Tusaale ahaan, qallin ku duub maro, ku dar Velcro ama batoonadana ku dheji calaamada Velcro, ama isticmaal birta lagu furo dhalooyinka.
- Xiro galoofisyo gacmeedka si ay kaaga caawiyaan qabsashadaada marka aad beerta ka shaqeynaysid, bushkuleetiga kaxeeynaysid ama aad jimicsanaysid.

Waxyaabaha kale ee ku caawiya

- Xiro dharka culus ee barafka ama galoofiska marka uu qabow bilowdo.
- Nadiifi ama busta ka qaad sagxadaha, sida miisaska korkooda, badanaa si looga nadiifiyo qashinka burburka ah ee fiqan.
- Isticmaal weelka qashinka iyo xaaqin si aad u nadiifiso dhalo jabtay. Ha u isticmaalin gacmahaaga qeyb ka mid ah shaqo.

Inaad wax ka badesho hawl maalmeedkaaga waxay gacan ka geysan kartaa inay noqdaan kuwo sahlan oo nabdoon. Wixii fikrado ama walaacyo kale ah, fadlan kala xiriir daaweeyahaaga.