

# 家事移工照顧工作

## 身體清潔工作

家事移工在照護長輩洗澡時，應尊重長輩個人隱私及意願，提供長輩應有的協助與鼓勵。



預防、降低長輩在浴室滑倒的風險，  
可善用洗澡椅、鋪上止滑腳踏墊，並留意移動速度。  
避免水溫過熱及保持視線與燈光明亮，要隨時注意長輩安全。



# งานผู้ดูแลในครัวเรือน

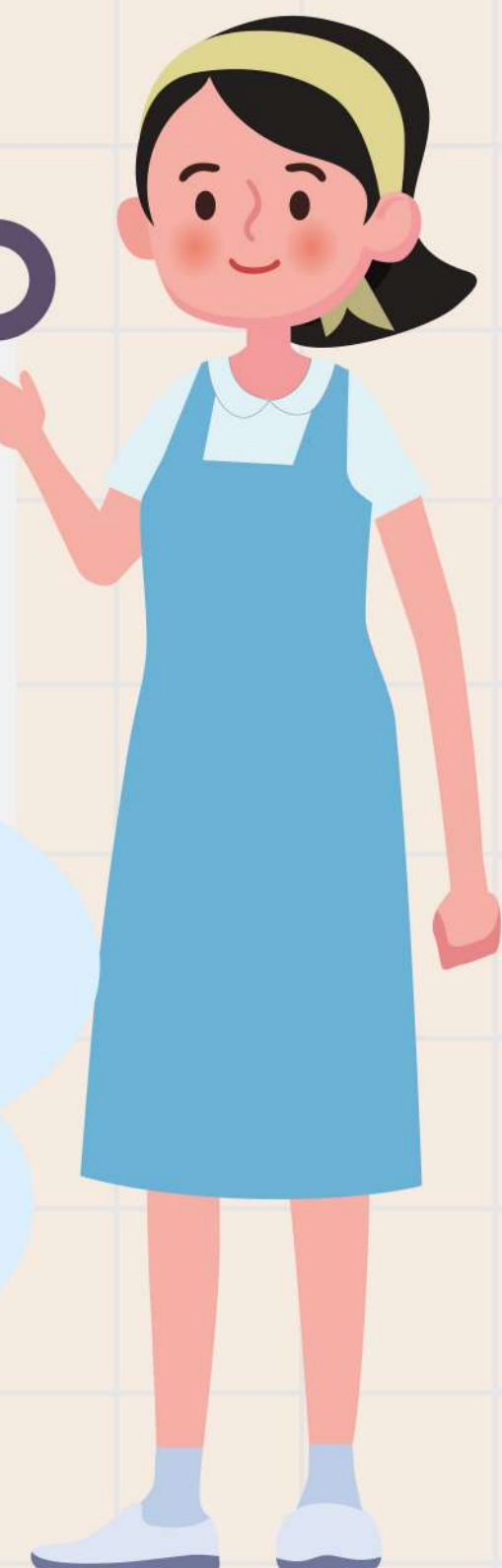
## การทำความสะดวกสบายร่างกาย

ขณะที่ผู้ดูแลอาบน้ำให้แก่ผู้สูงอายุ  
ต้องเคารพความเป็นส่วนตัวและความประสงค์ของผู้สูงอายุ  
ให้ความช่วยเหลือเท่าที่ควรและให้กำลังใจ

ป้องกันและลดความเสี่ยงผู้สูงอายุลื่นล้มในห้องน้ำ  
ควรใช้เก้าอี้นั่งอาบน้ำ ปูแผ่นกันลื่นในห้องน้ำ

และระวังความเร็วในการเคลื่อนไหว

หลีกเลี่ยงน้ำร้อนเกินไป ระวังความปลอดภัยของผู้สูงอายุตลอดเวลา  
ด้วยการดูแลให้อยู่ในสายตาและต้องมีความสว่างที่พอเพียง





# Pekerjaan Perawatan Pekerja Migran Rumah Tangga

## Membersihkan Tubuh

Saat pekerja migran membersihkan tubuh lansia yang dirawatnya, Anda harus menghormati privasi dan keinginan lansia, memberikan bantuan dan dukungan yang diperlukan lansia.



Untuk mencegah dan mengurangi risiko lansia terpeleset di kamar mandi, dapat menggunakan **bangku mandi**, pasang **alas kaki anti selip**, dan perhatikan kecepatan gerak.

Hindari suhu air terlalu panas dan jaga penerangan cahaya yang cukup, serta senantiasa memperhatikan keselamatan lansia.



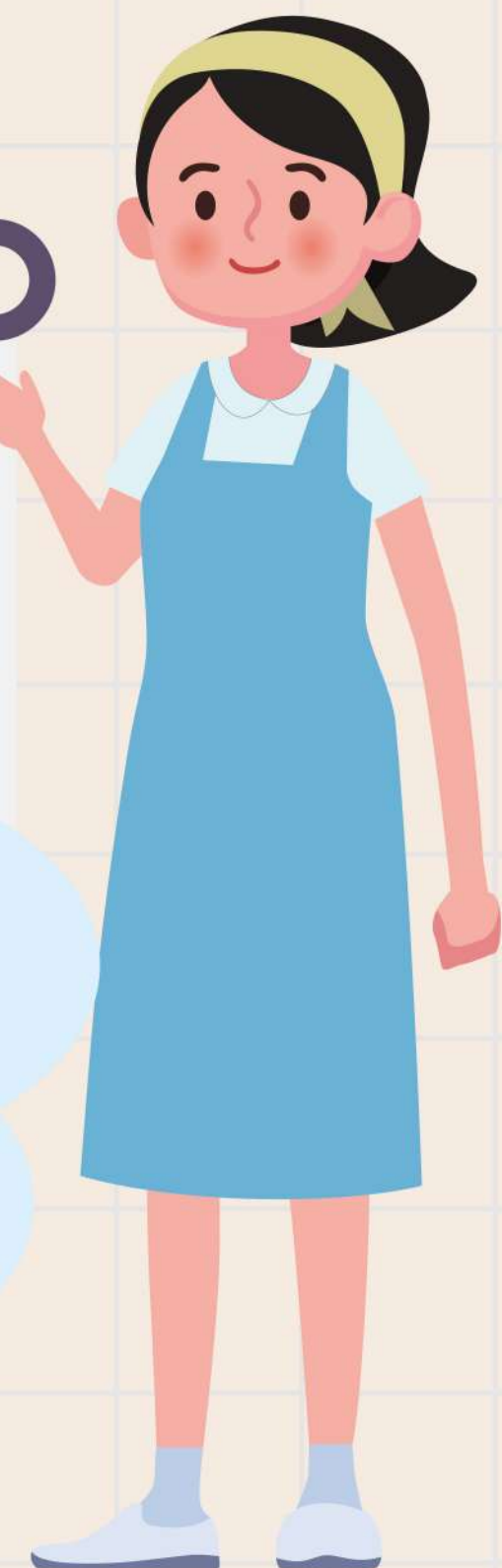
# Lao động nhập cư làm việc tại gia đình

## Công việc vệ sinh cơ thể

Khi chăm sóc người cao tuổi tắm rửa, người lao động nên tôn trọng quyền riêng tư và ý muốn của người cao tuổi, và cung cấp cho họ sự hỗ trợ và khuyến khích thích đáng.

Để ngăn ngừa và giảm thiểu nguy cơ người cao tuổi bị trượt ngã trong phòng tắm, bạn có thể tận dụng **ghế tắm**, **trải tắm thảm chống trơn trượt** và chú ý đến tốc độ di chuyển.

Tránh để nhiệt độ nước quá nóng và luôn để đèn sáng, đồng thời luôn chú ý đến sự an toàn của người cao tuổi.





# Care work by live-in foreign care workers

## Bathing care recipients



When a care worker helps a senior bathe, it is important to respect the privacy and willingness of the individual while providing any necessary assistance and encouragement.

In order to prevent and reduce the likelihood of a senior slipping in the bathroom use a bath chair and non-slip floor mats, while also ensuring the care recipient does not make any rapid movements. Make sure the water is not too hot, maintain eye contact and ensure the bathroom is well lit, so the care worker is always focused on the safety of the senior care recipient.