

Marxinta Tamarta iyo Fududeynta Shaqada

Saving Energy and Making Work Simple

Balancing rest and activity when recovering from an injury or illness or coping with a chronic illness is very important. Saving energy, also called **energy conservation**, allows you to accomplish everyday tasks. You may need to change how and when you do a task in order to not put unrealistic work demands on your body. The way you do a job is as important as what you do.



Isku dheeli-tirka nasashada iyo waxqabadka waa muhiim markaad ka soo kabaneyso xannuun ama qalliin ama aad la tacaaleysid xannuun guun ah (joogto) 'chronic illness'. **Marxinta tarmartu** waxay adiga kuu oggolaaneysaa inaad qabsatid hawl malmeedka noloshaada. Waxa laga yaabaa inay lagama maarmaan noqoto in wax laga beddelo sida iyo waqtiga aad hawsha qabato si aan jirkaaga loo saarin culays shaqo oo aan macquul ahayn. Habka aad shaqada u sameysaa waa muhim la mid ah sida shaqada lafteeda oo kale.

Remember to Plan, Prioritize and Pace yourself through each task:

- **Plan** out your daily schedule.
- **Prioritize** your tasks, so you get the most important things done first.
- **Pace** yourself, so you can get more done.

You can apply these 3-Ps of saving energy and the tips below to your daily life to help you save energy and make tasks easier.

Waxaad xasuusataa inaad wax qorsheysato, oo aad kala-hormariso oo aad kala-baahiso hawl kasta:

- **Qorshee** jadwalkaaga maalinlaha ah.
- **Kala-hormari** hawlaha siday u kala muhimsan yihiin, si aad hawlaha ugu muhiimsan ugu horaysiisid.
- **Kala-Baahi** shaqada aad qabaneysid, si aad wax badan u sameyn kartid.

Maalin kasta oo noloshaada ah, waxaad ku dhaqmi kartaa saddexdaas hab ee kor ku qoran ee lagu marxinyo tamarka iyo tusaalayaasha hoos ku yaalla si ay adiga kaaga caawiyaan inaad marxisato tamarta oo hawluhu kuugu fududaadaan.



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General tips

- Sit when doing a task. Standing takes more energy.
- Do work with your arms instead of your legs. Working with your legs takes more energy.
- Wait 30 minutes after eating before doing a task. Work done after a meal causes more demand for oxygen to your heart.
- Avoid doing activities in temperatures above 80 degrees F with humidity and below 20 degrees F. Extremes of heat and cold have a dangerous effect on the heart.

Pace yourself to save energy

- Get at least 6 to 8 hours of sleep each night.
- Rest for 20 to 30 minutes at least twice a day. If you get tired, stop and rest for 15 minutes whether you have finished the task or not.
- Alternate easy tasks with hard tasks or spread a task out over the day.
- Focus your energy on the things you can do.
- Ask for help if the demands on your energy are too much. Hire help as needed.
- Avoid stress.

Tilmaamo Guud

- Fadhiiso marka aad hawl qabanayso. Istaago waxay kaala baxaysaa tamarta.
- Ku shaqee gacmahaaga halka aad kaga shaqayn lahayd lugahaaga.
- Waxaad sugtaa 30 daqiiqo marka aad wax cunto kadib si aad shaqada u qabato. Shaqada la qabtay kadib cuntadu waxay keentaa inaad uu u baahdo ogsajiin badan wadnahaagu.
- Iska ilaali inaad qabato hawlaha marka heerkulku ka badan 80 digrii F iyo k aka yar 20 digrii oo F. Kulaylka iyo qabawga badani waxay saamayn khatar ah ku yihiin wadnaha.

U qaadee hawlahaaga si aad u kaydsato tamarta

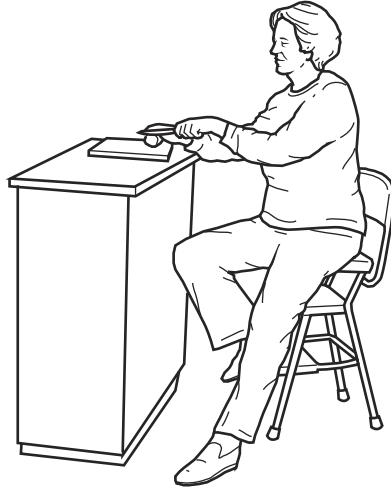
- Ugu yaraan waxaad heshaa 6 ilaa 8 saacadood oo hurdo ah.
- Waxaad nasataa 20 ilaa 30 daqiiqo ugu yaraan laba jeer maalintii. Hadii aad daasho, inta aad joojiso waxaad qabanayso waxaad nasataa 15 daqiiqo hadii aad shaqada dhamaysay iyo hadii kaleba.
- Waxaad u dhaxaysiisaa shaqooyinka fudud ama waxaad ku baahisaa shaqada maalinta.
- Waxaad diirada saartaa tamarta waxyaabaha aad awoodo.
- Waxaad dalbataa kaalmo hadii uu shaygu tamar badan kaaga baahan yahay. U doono kaalmo sida koogu baahod.
- Iska ilaali isku buuqa.

Use labor-saving methods and devices to save energy

1. Sit to work as much as possible.

Avoid crossing your legs. This interferes with blood returning to the heart.

- Sit at a counter or table to prepare food.
- Use a riding lawn mower.
- Sit on a stool at a work bench.
- Sit to dress, shave, do hair, put on make-up and dry off after a shower.
- Sit to iron.
- Use a shower bench to sit and a hand-held shower head in the shower.



2. Organize work areas:

- Keep cleaning materials on each floor.
- Store garden tools in the garage.
- Store shaving equipment and cosmetics near the sink and mirror.
- Store seldom used equipment out of the way.
- Store frequently used items in the kitchen at chest height to avoid bending and stretching.

Isticmaal hababka iyo qalabka lagu marxiyo shaqada

1. Fadhiga ku shaqee inta aad kari kartid.

Ka fogow inaad lugaha isa sartid kuwaas oo hakiya dhiigga ku noqonaya wadnaha.

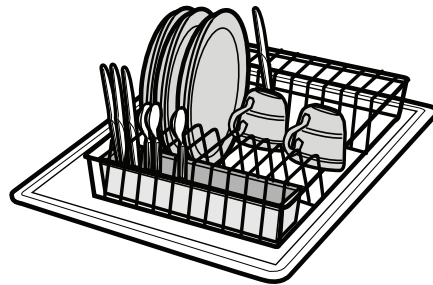
- Fariiso ‘counter’ ama miis sare si aad u diyaariso cuntada.
- Isticmaal mashiinka cawska lagu gooyo ee la fuulo.
- Ku fariiso kursiga sare ‘stool’ ee miiska shaqada ‘work bench’.
- Fariiso marka aad dharka xiraneysid, ee aad garka iska xiireysid, ee aad timaha hagaajineysid, ee aad wejiga marsaneysid qurxiye ‘make-up’ ee aad is qallajineysid ka bacdi marka aad qubeysato ama aad meyratid.
- Fariiso marka aad wax kaawiyadeyneysid.
- Qolka meyrashada ku isticmaal miis qubeysi oo aad ku fariisatid iyo qasabadda shaadhada leh ‘shower’ ee gacanta lagu qabto.

2. Habee goobaha shaqada:

- Qalabka nadiifinta ha kuu yaallaan dabaq kasta oo guriga ah.
- Qalabka beerta ku keydi geerashka.
- Qalabka xiirinta iyo qurxinta ku keydi waji dhaqa ‘sink’ iyo muraayadda agtooda.
- Qalabka aan mar kasta la isticmaalin ku keydi meel durugsan.
- Qalabka mar kasta la isticmaalo jikada ku keydi meel la siman laabta si aad uga badbaaddo foorar iyo kala-bax.

3. Get rid of unnecessary work:

- Let dishes soak instead of scrubbing.
- Use commercial pre-wash instead of scrubbing.
- Air dry dishes rather than hand dry.
- Cut open sealed bags. Do not tear them.
- Wear no-iron permanent press clothes.
- Use a dishwasher.
- Use long handled mops, dusters and dustpans.

**4. Use automatic or electric appliances:**

- Use an electric can opener, mixer, clothes dryer, sander, riding mower, electric saw and dishwasher.
- Use cruise control when driving.
- Use a rubber mat or wet towel under your mixing bowls to help steady them while stirring or mixing.

3. Iska dhaaf shaqooyinka aan loo baahneyn:

- Weelka biyaha ku dhex radi halkii aad ka xuquuqi laheyd.
- Isticmaal hore u sii dhaqaha 'commercial pre-wash' halkii aad ka xaquuqi laheyd.
- Hawo ku qallaji weelka halkii aad gacanta ku qallajin laheyd.
- Xiro dhar aan kaawiyad u baahneyn.
- Isticmaal mashiinta weelka lagu daqo.
- Isticmaal skoobayaal, xaaqimo, masaxado, iyo qashin uruuriyaal ul dheer leh.

4. Isticmaal qalabka otomaatigga ah ama korontada ah:

- Isticmaal qasacad fure, walaaqe 'mixer', dad qallajiye, iyo xaquuqe 'sander' koronta ah, iyo mashiinka cawska lagu jaro ee la fuulo, iyo miishaar koronto ah iyo weel meyre 'dishwasher'.
- Isticmaal gaari kaxeeye otomaatik ah 'cruise control' marka aad gaariga wadid.
- Baaquliyaasha wax lagu walaaqo hoosta ka geli cinjir ama tuwaal qoyan si aanay u dhaqdhaqaaqin marka aad wax ku qaraacaysid ama aad ku walaaqeysid.

5. Use good lighting and ventilation.**5. Isticmaal nal fiican iyo hawo wareegta (baxda) 'ventilation'**

6. Use wheels to move things:

- A shopping cart for groceries.
- A garbage can on wheels.
- A cart for cleaning or repair supplies or to move heavy bags or laundry.

**7. Use both hands to:**

- Lifts objects such as from the oven or refrigerator.
- Push objects.

8. Use proper body mechanics:

- Slide rather than lift.
- Relieve back strain by keeping one foot up on a low stool while standing.
- Use good posture when driving.
- Do not lean forward unsupported. Instead rest your elbows on counter tops.
- Bend at the knees to lift.

**6. Isticmaal shaagag si aad wax u dhaqaajiso:**

- Gaari-gacanka adeegga marka aad soo adeeganeyso.
- Daasadda qashinka oo lugo leh.
- Gaari-gacan loo isticmaalo nadiifinta ama qalabka hagaajinta ama inaad ku qaadid kiishash culus ama dharka usgagga ah.

7. Labada gacmoodba isticmaal markaad:

- Waxyaalo kor ugu qaadeysid moofada 'oven' ama tallaajadda.
- Riix alaabta.

8. Isticmaal qaab habboon ee samayska jirka:

- Jiid xaggii aad ka qaadi laheyd.
- Iska yaree culeys ku dhaca dhabarka adigoo hal lug saaraya gambar 'stool' gaaban marka aad taagan tahay.
- Isticmaal joog fiican 'good posture' marka aad gaariga waddid.
- Hore ha isu leexinin adigoo taageero haysan. Waxaad sameyn kartaa inaad suxulladaada dul saartid miisaska 'counter'ka ah.
- Jilibka laab marka aad wax qaadeysid.

9. Shopping tips:

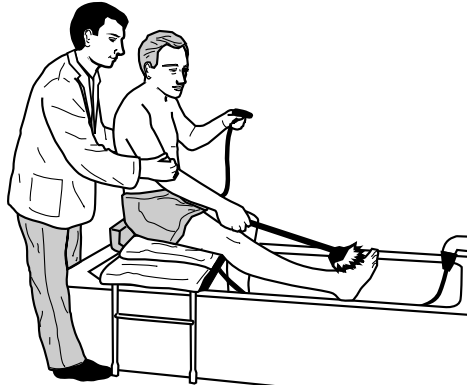
- Make a list first.
- Organize list by store aisle.
- Shop at less busy times.

9. Tallooyinka soo adeegashada:

- Marka hore liis qoraal ah sameyso.
- Liiska u kala saar qaybaha dukaanka 'store isle'.
- Adeeg waqtiyada aan saxmadda ama dadku ku badnayn.

10. Dressing and bathing tips:

- Wear button up clothing.
- Wear loose clothing for easier breathing.
- Sit while putting on shoes and socks.
- Wear slip on shoes. Use a long-handled shoe horn and sock aid.
- Use a terry cloth robe instead of a towel to dry off.
- Use a shower bench to sit and a hand-held shower or a long-handled sponge.
- Wear low-heeled shoes with shock absorbers.
- Use an elevated toilet seat.

**10. Tallooyinka dhar xirashada iyo meyrashada:**

- Waxaad xidhataa dhar hoosta furan.
- Waxaad xidhataa dhar balaq ah si neefsigu uu kuugu fududaado.
- Fadhiiso inta aad kabaha iyo shirabaadada xidhanayso.
- Waxaad xidhataa kabo laabmaya. Waxaad isticmaashaa kaalmada shirabaadada dhaadheer.
- Isticmaal bijjeem halka aad ka isticmaali lahayd tuwaal si aad isku qalajiso.
- Waxaad isticmaashaa guriga lagu fadhiisto marka la maydhanayo iyo tuushka gacanta la qaado ama qasabada gacanta dheer.
- Waxaad xidhataa kabo aan cidhib lahayn oo aan gariiraynin.
- Isticmaal kursiga suuliga oo kor loo qaaday.

Kala hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka hadii aad wax su'aalo ah ka qabto daryeelkaaga.

Talk to your doctor or health care team if you have any questions about your care.

Wixii macluumaad dheeraad ah, qabao patienteducation.osumc.edu ama kala xidhiidh Laybareeriga Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

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