

時間	印傭工作事項
Time	Job description
<b>PAGI</b>	<b>PEKERJAAN PEMBANTU SETIAP HARI</b>
6:00-6:30am	起床 get up
	<b>BANGUN TIDUR</b>
6:30-7:00am	幫病人梳洗〔刷牙、洗臉、擦身體〕 slightly
	<b>BANTU PASIEN BEBERSIH (SIKAT GIGI, CUCI GIGI, LAP BADAN)</b>
7:00-7:15am	協助病人大小便。 To assist the patient go to stool/urine
	<b>MENRANTU PASIEN BUANG AIR KECIL DAN BESAR</b>
7:15-7:30am	協助病人穿衣。 To assist in put on clothes
	<b>MEMBANTU PASIEN PAKAI PAKAIAN</b>
7:30-7:45am	幫病人按摩。 massage for the patient
	<b>MEMBANTU PASIEN PIJIT</b>
7:45-7:55am	整理床鋪。 make the bed
	<b>MEMBERES TEMPAT TIDUR</b>
7:55-8:00am	摺毛毯、被子、棉被。 make the bed
	<b>LEPIT KESET SELIMUT</b>
8:00-8:15am	準備早餐。 prepare for breakfast
	<b>SIAP SARAPAN</b>
8:15-8:30am	餵食病人。 feed on breakfast
	<b>MENYUAPKAN PASIEN</b>
8:30-9:00am	帶病人散步。 accompany patient to take a walk after breakfast
	<b>NGAJAK PASIEN JALAN JALAN</b>
9:00-9:30am	幫病人做輕微運動。 guide the patient to do light exercise
	<b>MEMBANTU PASIEN OLARAGA RINGAN</b>
9:30-9:45am	請病人服藥。 let the patient to take medicine
	<b>BERI PASIEN MAKAN OBAT</b>
9:45-10:00am	洗衣服、燒開水。

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<b>PAGI</b>	<b>PEKERJAAN PEMBANTU SETIAP HARI</b>
	wash clothes, boil hot water for drink
	<b>CUCI PAKAIAN MASAK AIR</b>
10:00-10:30am	清理住家、打掃門窗。
	dust and clean the house
	<b>MEMBERSIHKAN RUMAH TANGGA DAN JENDELA</b>
10:30-10:45am	打掃浴室。
	clean the bathroom
	<b>MEMBERSIHKAN KAMAR MANDI W.C.</b>
10:45-11:00am	整理房間。
	tidy up the bedrooms
	<b>MEMBERSIHKAN KAMAR TIDUR</b>
11:00-11:30am	買菜。
	go to market
	<b>KEPASAR BELANJA</b>
11:30-12:30pm	準備午餐。
	prepare for lunch
	<b>SIAP MAKAAN SIANG</b>
12:30-1:00pm	餵食病人。
	feed the patient for lunch
	<b>MENYUAPKAN PASIEN</b>
1:00-1:10pm	請病人服藥。
	let the patient to take medicine
	<b>BERI PASIEN MAKAN OBAT</b>
1:10-1:30pm	清洗廚房及飯廳。
	clean up the kitchen and dining room
1:30-3:00pm	午休。
	lunch break
	<b>SIANG ISTIRHAT</b>
3:00-3:15pm	幫病人按摩。
	massage for the patient
	<b>MEMBANTU PASIEN PIJIT</b>
3:15-3:45pm	帶病人散步。
	take the patient for a walk
	<b>NGAJAK PASIEN JALAN JALAN</b>
3:45-4:30pm	幫病人做輕微運動
	help the patient to do proper exercise
	<b>MEMBANTU POSIEN OLARAGA RINGAN</b>
4:30-5:00pm	收衣服。

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<b>PAGI</b>	<b>PEKERJAAN PEMBANTU SETIAP HARI</b>
	collect the dry clothes, fold and put into wardrobe
	<b>ANGKAT JEMURAN PAKAIAN</b>
5:00-6:00pm	準備晚餐。
	prepare for dinner
	<b>SIAP-KAN MAKAN MALAM</b>
6:00-6:30pm	餵食病人。
	feed medicine to the patient
	<b>MENYUAPKAN PASIEN</b>
6:30-6:40pm	請病人服藥。
	let the patient to take medicine
	<b>BERI PASIEN MAKAN OBAT</b>
6:40-7:15pm	收拾廚房及餐廳。
	tidy up the dining room and kitchen
	<b>MEMBERESKAN DAPUR DAN RUANG MAKAN</b>
7:15-7:40pm	幫病人洗澡。
	clean his face
	<b>MANDIKAN PASIEN</b>
7:40-8:00pm	幫病人更衣。
	help to change night clothes
	<b>MEMBANTU PASIEN GANTI PAKAIAN</b>
8:00-8:15pm	協助病人就寢。
	help him to go to bed
	<b>MENIDURKAN PASIEN</b>
8:15-8:30pm	幫病人翻身拍背。
	turn his body and clap on his back gently
	<b>MEMBANTU PASIEN BALIK BADAN LALU TEPUK PUNDAKNYA</b>