



Falls Prevention Awareness Week

Falls are not a natural part of aging! Take control of your health...many falls are preventable.

STAY SAFE WITH THESE TIPS!

Find a balance and exercise program

Talk to your healthcare provider

Regularly review your medications with your doctor or pharmacist

Get your vision and hearing checked annually and update your eyeglasses

Keep your home safe

Talk to your family members

For more information go to:

<https://www.cdc.gov/homeandrecreationsafety/falls/index.html>

Do you know your high risk areas in your home?

WORD LIST

BROKEN STEPS

CLUTTER

COMFORT HEIGHT TOILET

LOOSE CARPET

NIGHTLIGHT

NO GRAB BARS

NO HANDRAILS

POOR LIGHTING

SAFETY STEP LADDER

THROW RUGS

TRIP OVER PETS

UNEVEN FLOORS

ZERO STEP ENTRY

N
M N A
T D U O O
M R B B N G A
O Z F E I M H R H
W Z C T E M F U Y A Z
R P G I H A T J D Q Q B H
I D U K V N B V O P I T G B M
R I D K J Z D T D D F F G L K A G
O P R E T T U L C B Q S I F N D O R N
B E T D H O Y H Q K H Y O U N M O N K S F
N Y I H E G C X B W T H R O W R U G S E C N N
Q Q P F B I S P E T S N E K O R B Y J B V P H R E
N O W J C O M F O R T H E I G H T T O I L E T O L X M
R S A F E T Y S T E P L A D D E R K I L S J T W U G S D W
J J J U G M M J N R H J T
C Z I X Z E E W I M E A Q
E R M R S V B F G K N W V
P F Z L H X Z O H W Z G Z
T I E Q U D D L T R C X N
R T R Q V G F R E N X A L U F C R D W K F
I N O A T F V J D D U A I J B K B I S I B
P O S P K S P O O R L I G H T I N G N F M
O L T C E Z P J K O A D H N J S M B O P N
V E E J G N Y X T Q R E W H H R R
E K P A M G E X O O J Z D L A B Z
R X E Q T X Q J O R N O D
P T N F Q S J L G G D T T
E I T L S R F H Z R R F K
T O R R N G N C B N B H K T A Z A
S C Y C N D X N E H R H B V X I X O
Y D T U C S K V A R W X K U L E L
T E P R A C E S O O L W W T S Z L
D V G O X N C Z Y Q V L D E H N D
K I W N U Z X X E H U B K H J I S