

Falls are Preventable

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

The words can be found in a straight line, up down, forwards, backwards or even diagonally.

These steps will help to prevent a fall.

Balance exercises

Be active

Check eyesight

Clean up spills

Don't rush

Eat balanced diet

Health checks

Install grab rails

Medicine review

Night lights

No mats

Pay attention

Pick up feet

Report all falls to GP

Sensor lights

Strength exercises

Take calcium

Use hand rails

Use walking aid

Wear safe shoes



Answers

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

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