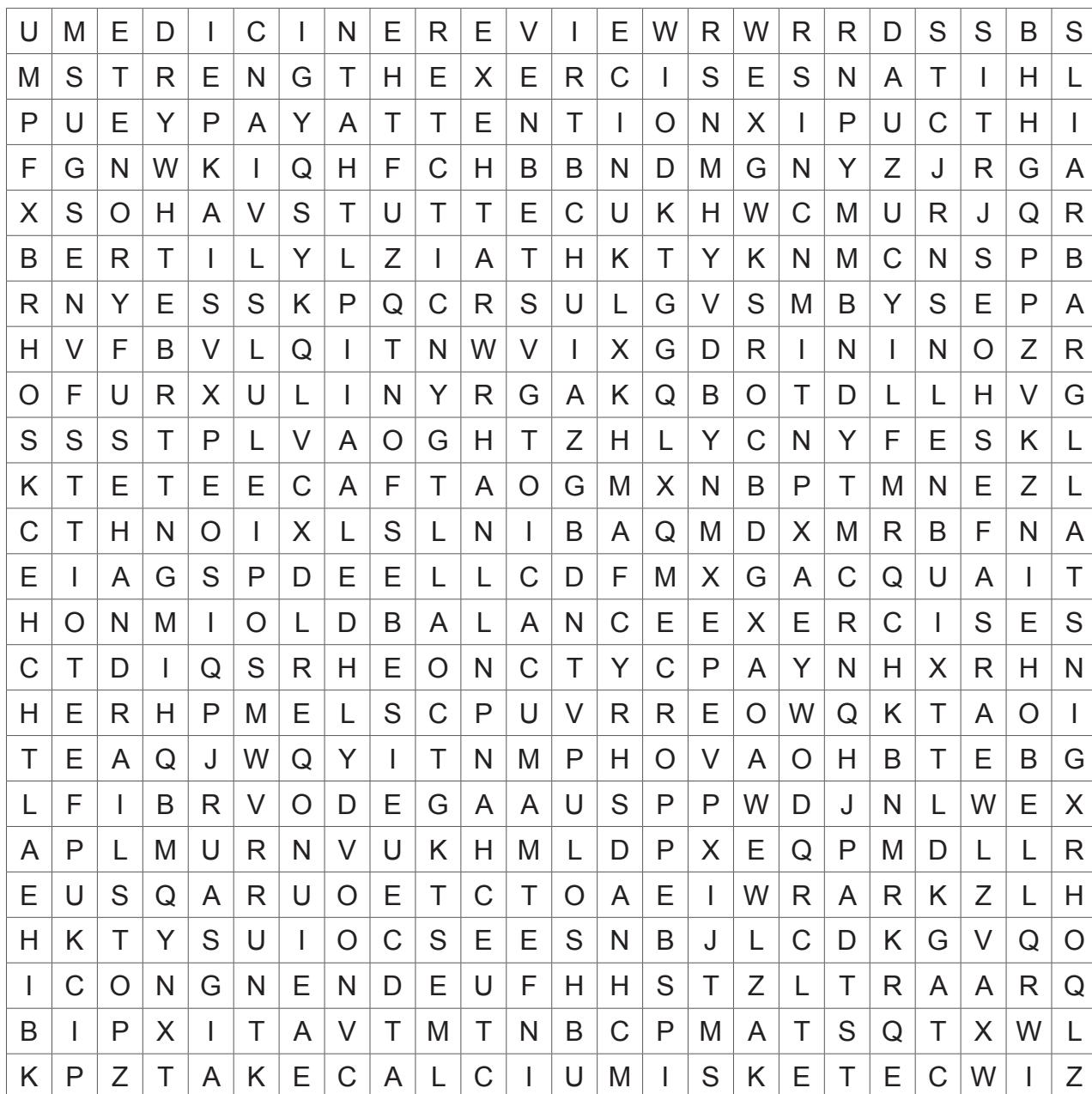


Falls are Preventable



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

These steps will help to prevent a fall.

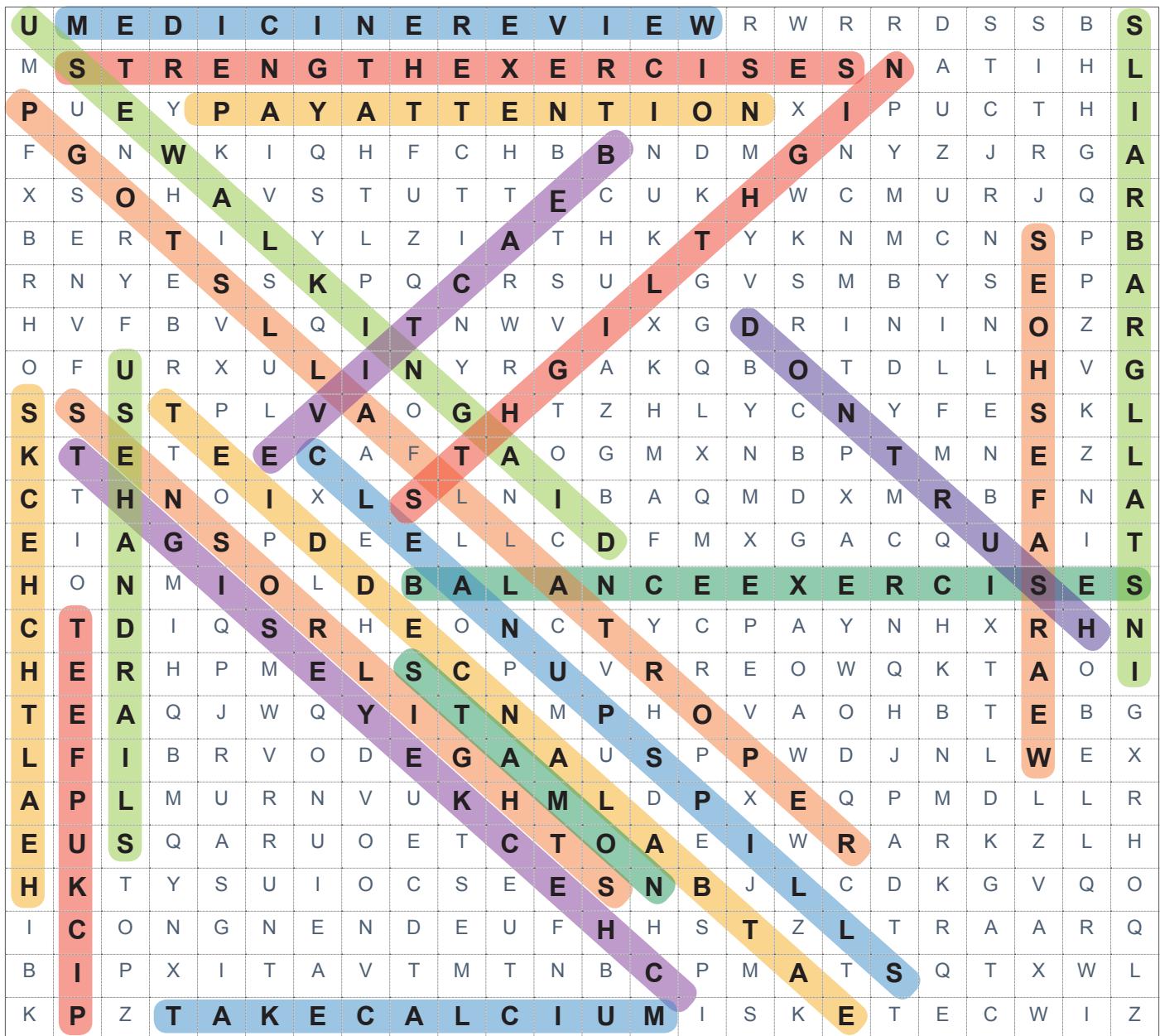
Balance exercises
Be active
Check eyesight
Clean up spills
Don't rush
Eat balanced diet
Health checks

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



Falls are Preventable