

Fall Free Friday Quiz



Question One

True or False

**You can only have a fall
inside the home?**





False!

Falls can happen in
and out of the home.



Question Two

True or False

You should turn off the lights to walk up the stairs because there is a railing?



False!

Although you should use the railing it is important to leave the lights on when walking up or down the stairs.

Question Three

What is the best way to avoid falling at nighttime?

A. To walk slowly

B. To put on proper shoes

C. To turn on a lamp

C. To turn on a lamp

Proper shoes and walking slowly are good things to do at nighttime, but the most important step is to turn on the light so you can see your surroundings.



Question Four

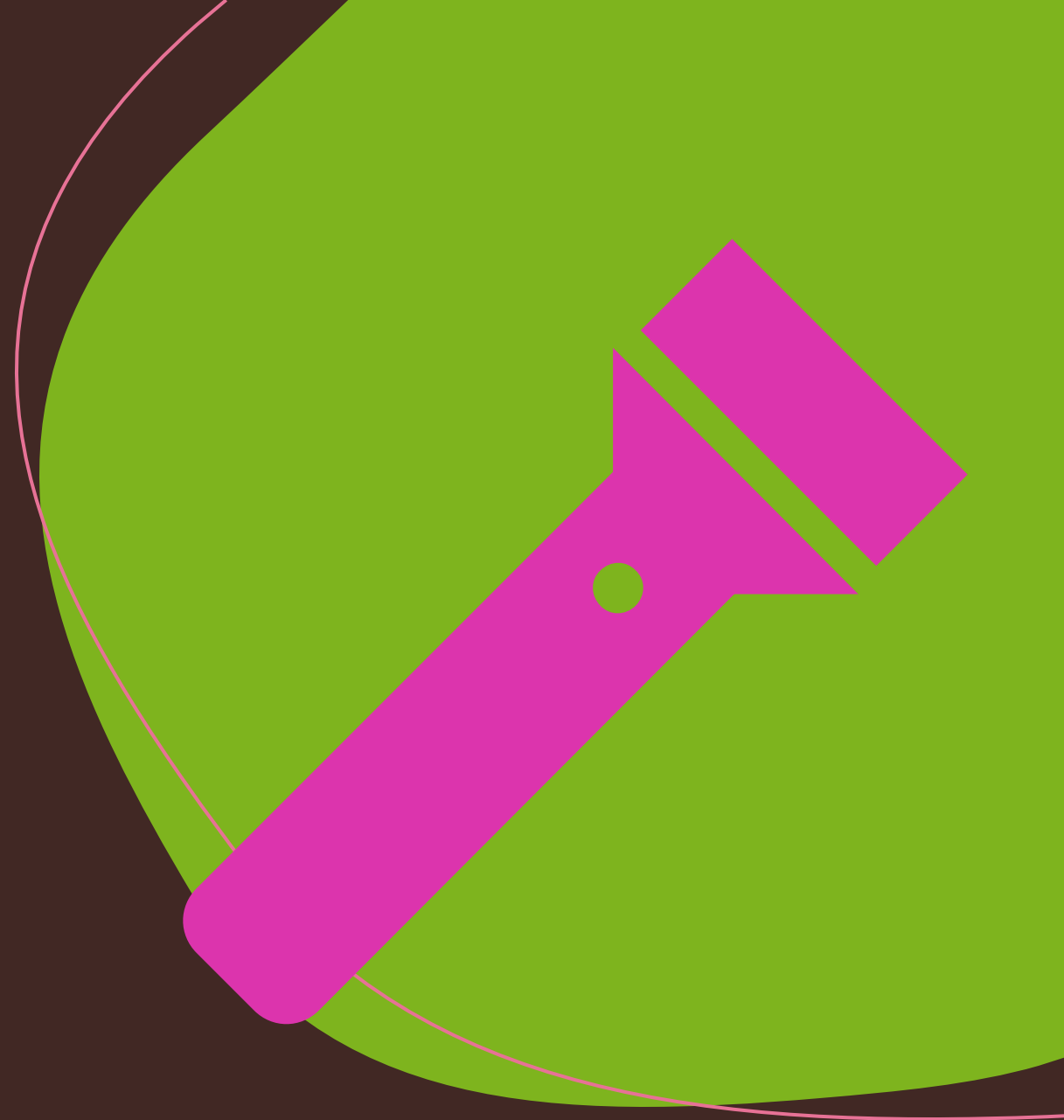
**In case of a power outage
what is the best way you can
avoid falls?**

- A. To light candles
- B. Store flashlights in easy to find places
- C. Take small steps
- D. To use walls and railings to walk



B. Store flashlights in easy to find places

Storing a flashlight in a drawer with new batteries will provide the most light for navigating environment in case of a power outage.



Question Five

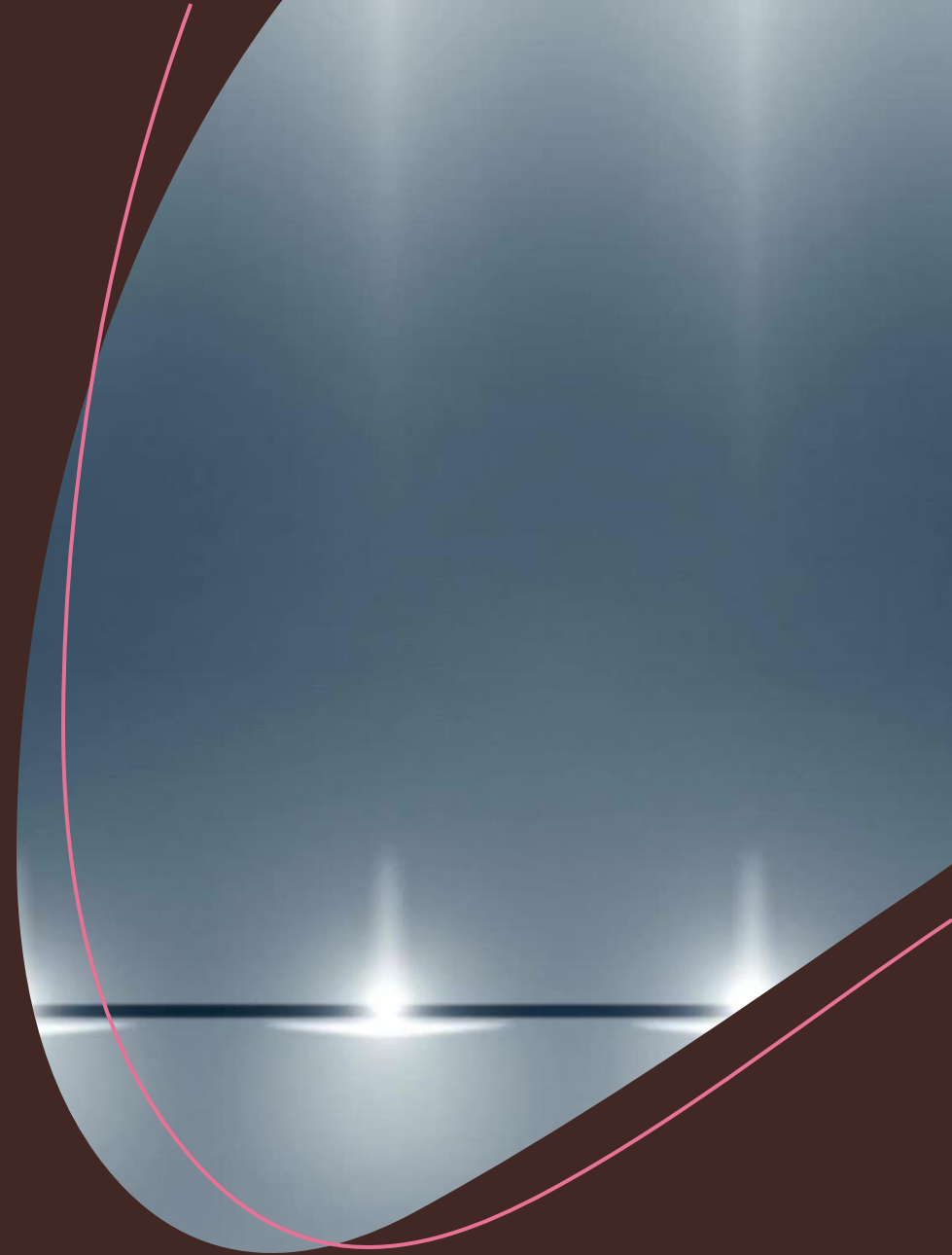
Where should you place night lights in your home?

- A. hallway
- B. Bedroom
- C. Bathroom
- D. All the above



D. All the above

Having night lights in all your hallways, bathrooms and bedrooms will provide enough light in the nighttime to locate main light switches or lamps for safe navigation in the home.



Question Six



Lamps in the bedroom should be placed where?



A. Next to the door



B. closest to bathroom



C. In the closet



D. Next to your bed

D. Next to your bed

Having the lamp next to the bed will allow for easy access when getting up in the middle of the night to use the restroom or to turn on the lamp to start your morning.



Question Seven

What percentage of individuals fall outside of the home compared to in the home?

A. 26%

B. 36%

C. 46%

D. 16%

A. 26%

Although it is not as common to fall out of the home it can still happen, and preventative measures should be taken





Question Eight

True or False

Falls are the leading cause of injury for individuals 65+ in the United States?



True

Falls are the leading cause of injury for adults 65 and older in the US with 1 in 4 older adults reporting a fall every year.

Question Nine

When driving at night is it important to park in a well-lit area to avoid falls?

A. yes

B. no

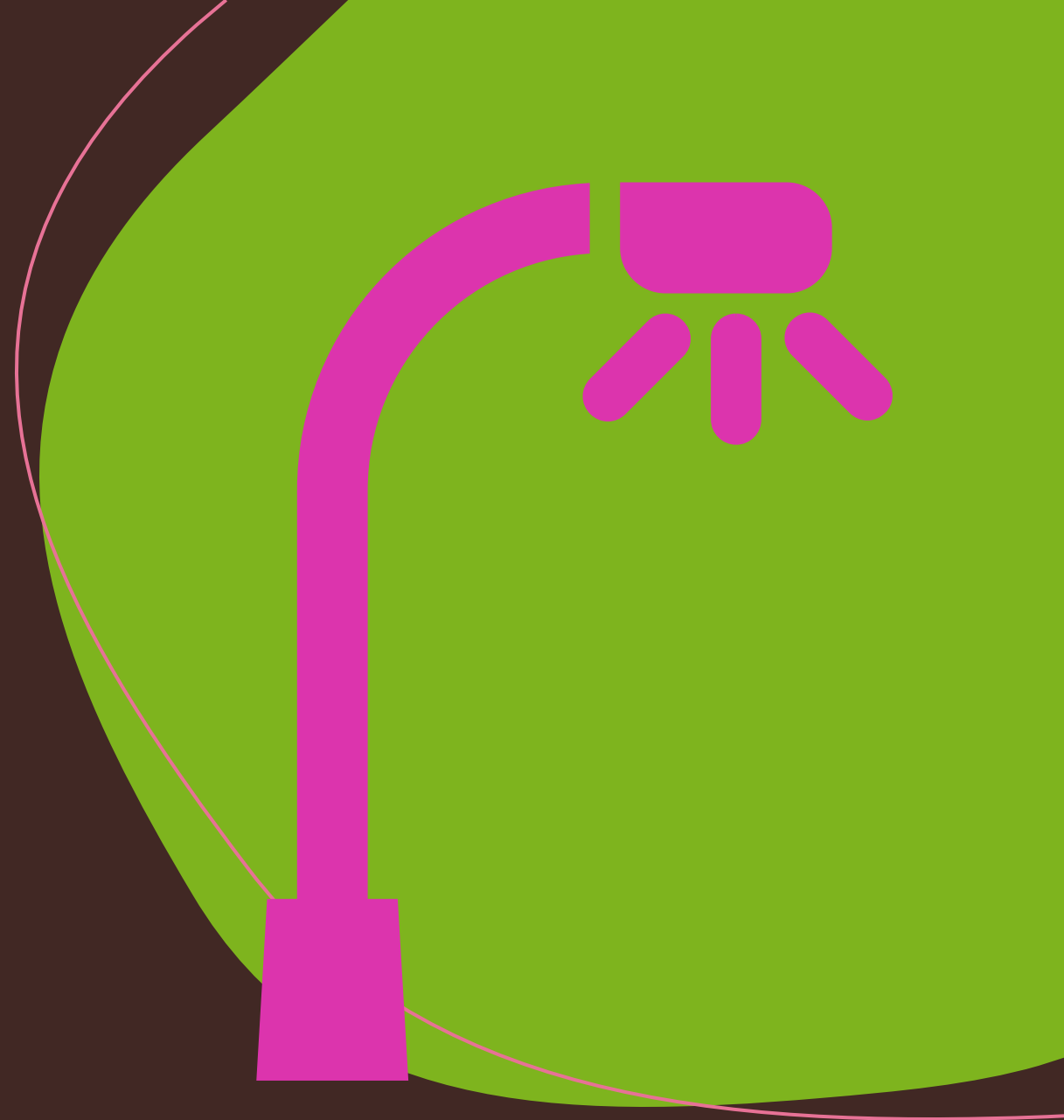
C. use a flashlight at night

D. A&C



D: A & C

Well-lit areas are a good option such as under a street-light. But having a flashlight will ensure walkways to be lit when getting in and out of the car.



Question Ten

True or False

If your house is well lit, then you have no risk of falling in the house?





False

Even with good lighting there is still a risk for falling in the home. Taking preventative measures is important to reduce risk of falls in and out of the home.