

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

report all falls to gp
balance exercises
medicine review
check eyesight
pay attention
pick up feet
dont rush

install grab rails
eat balanced diet
use walking aid
use hand rails
sensor lights
take calcium
no mats

strength exercises
clean up spills
wear safe shoes
health checks
night lights
be active