



Preventing Falls: Test

Name _____ Date _____ Score _____
(7 correct answers are required to pass)

Directions: Check the correct answer or fill in the blanks.

1. What is the leading cause of death from injuries for people aged 65 and over? _____
2. How should people get up out of a chair or bed to prevent falling? _____
3. Name the four areas you should think about when planning interventions to prevent falling: _____
4. Two major injuries that often result from falls are: _____ and _____.
5. Jogging shoes with thick soles are best to wear to prevent falls. *True or False*
6. What is the key to maintaining and improving strength, flexibility, and balance?

7. To reduce environmental hazards, remove _____ everywhere.
8. Keep eyeglasses _____, and be sure the vision prescription is _____.
9. If someone complains of being dizzy, it is possible that the person's _____ might be causing the dizziness.
10. Many older people need individualized exercise programs, which can be developed by a _____.

