

Quiz

Test your knowledge on falls prevention!



1. What is the first step to assist someone who has fallen and is injured?

- a. Tell them to walk it off
- b. Assess the situation and call for medical help
- c. Apply ice to the injury immediately
- d. Encourage them to stand up on their own

2. What is the recommended action if you fall and are unable to get up?

- a. Try to stand up on your own
- b. Wait for someone to find you
- c. Call for help and stay as comfortable as possible
- d. Avoid calling for help to prevent embarrassment

3. In Western Australia in 2020, someone died every 19 hours due to a falls related injury.

- a. True
- b. False

4. What is a key aspect of falls prevention that can help maintain balance and strength?

- a. Sleeping for long periods
- b. Reducing fluid intake
- c. Regular exercise, including strength and balance training
- d. Staying indoors all the time

5. Falls occur more frequently inside the home than outside.

- a. True
- b. False

6. Which type of footwear is recommended to reduce the risk of falls?

- a. High heels
- b. Socks on slippery surfaces
- c. Shoes with non-skid soles and good support
- d. Barefoot

7. What do you do if you feel dizzy when getting out of bed in the morning?

- a. Stay in bed for the rest of the day
- b. Sit up in the bed for a few minutes before standing up, and stand up for a minute before walking
- c. Get up quickly and walk around

8. Which of the following can help prevent falls?

- a. Have your GP or pharmacist review your medication
- b. Remove clutter from your home
- c. Have your eyesight checked regularly
- d. Eat well and exercise
- e. All of the above

Answers below in red

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