



FALLSFREEWI.ORG

Fall Prevention Awareness Month

September 2024

From Awareness to Action



Footwear

Circle the best choice of shoe prints for preventing falls:



CUT A RUG

Keep your home safe with a few simple steps:

- Remove Tripping Hazards
- Cut-up Rugs & Remove completely
- Increase Lighting
- Make Stairs Safe
- Install Grab Bars

Stay Steady

ACROSS

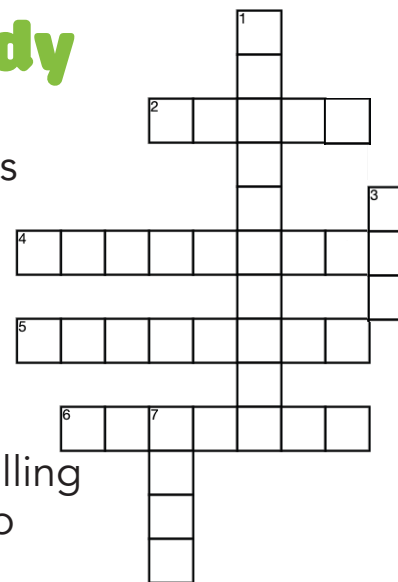
- 2. Bottom of shoes
- 4. Medication may cause
- 5. Staying active
- 6. Center of mass

DOWN

- 1. To keep from falling
- 3. If you need help
- 7. Raise weights

ANSWER KEY

1. Prevention 2. Tread 3. Ask 4. Dizziness 5. Exercise 6. Balance 7. Lift



Moving & Grooving:

- Do Balance Exercise Daily
- Strength Training 3x Each Week
- Get up & Move Every Hour
- Advance Your Routine by Adding
More Rep, Weight, Distance
- Ask Your Doctor if You are
at Risk for Falling



Keenin' You On Your Feet!