

Safety Quiz



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

GUARD AGAINST SLIPS AND TRIPS WITH THIS FALL PREVENTION QUIZ

- 1) In 2010, how many people died as a result of a fall?
 - A. 14,500
 - B. 21,500
 - C. 27,500
- 2) What percentage of falls occur at home?
 - A. 10%
 - B. 27%
 - C. 35%
- 3) True or False? Most fatalities resulting from falls involve sporting events like mountain climbing or parachuting.
- 4) What accounts for the most falls that result in death?
 - A. Ladders
 - B. Stairs and steps
 - C. Slippery tile
- 5) If you're over 65, what are your chances of falling?
 - A. 1 in 20
 - B. 1 in 5
 - C. 1 in 3
- 6) True or False? Seniors account for substantially more falling injuries than children.
- 7) True or False? You should have your hearing checked annually to prevent a fall.
- 8) True or False? Depression causes people to fall more often.

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ANSWERS

1) Answer: C. According to the National Safety Council, only motor vehicle crashes and poisoning causes more unintentional injury (accidental) deaths. One in five visitors to a hospital emergency room is there because of a fall.

2) Answer: C. So says the National Safety Council's Injury Facts 2015 ed. publication. Since more time is spent at home than anywhere else, that's where falls are more likely to occur, especially if steps are not taken to reduce the risk.

3) Answer: False. Fewer than 4 percent of falling fatalities involve sports. According to the Consumer Products Safety Commission (CPSC), more people died as a result of tripping on a level surface than in mountain climbing.

4) Answer: B. More falling deaths result from stairs and steps, according to the CPSC. Beds rate second, while ladders are in third place.

To reduce injuries on stairs and steps, consider these modifications:

- i. Make sure stair height and tread widths are adequate, and each step is identical in size.
- ii. Install a second handrail if the stairs are wide enough.
- iii. Install light switches at the top and bottom of stairs.
- iv. Be sure carpeting is tightly woven and installed so it doesn't move or slide.

5) Answer: C. According to the Centers for Disease Control and Prevention (CDC), seniors have a 33 percent chance of falling in any year. Older adults are five times more likely to be hospitalized for a fall-related injury than for other injury-related reasons.

6) Answer: False. The National Safety Council's Injury Facts 2015 ed. publication indicates there were 30,300,000 falling injuries. Of this total, seniors age 65 and older account for 127,200,000, and children under 12 account for 200,000.

Other fall-prevention tactics include:

- i. Supervise babies on beds and changing tables, and buckle them into high-chairs and strollers.
- ii. Make porches, balconies and fire escapes off limits. Use safety gates.
- iii. Become familiar with window safety information. Space pickets on stair rails four inches or less apart to prevent infants from slipping through.

7) Answer: True. Hearing plays an important role in balance and space perception.

8) Answer: False. However, some medications used to treat depression and other diseases can leave people dizzy or disoriented and more susceptible to falls. Review your medications with your doctor to see if they cause balance problems

What's Your Score?

6 to 8 correct: Standing tall!

4 to 5: Have a good grip

2 to 3: On shaky ground

0 to 1: Falling down