



SAFETY: it takes all of us

QUIZ CORNER

Slips, Trips and Falls

1. When your _____ muscles are weak, it can lead to instability, pain and a higher chance of slips, trips and falls.
 - a. Back
 - b. Hamstring
 - c. Core
 - d. Calf
2. *True or False:* Elevating the injured body part is a crucial step in first aid following a slip, trip or fall.
3. When using a ladder you should always:
 - a. Maintain three points of contact
 - b. Check the condition of the ladder
 - c. Grab onto the steps while climbing
 - d. A and B
4. *True or False:* Yoga and Pilates incorporate many core-strengthening exercises.
5. Adding _____, maintaining good housekeeping and cleaning spills will help minimize fall risks at home.
 - a. Handrails
 - b. Furniture
 - c. Extension cords

NATIONAL
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