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Preventing Falls

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| **Across****4.** Have your doctor check your**6.** One out of \_\_\_\_ adults willl fall.**8.** Put grab bars in the **9.** 95% of hip fractures are caused from a**12.** Over half of falls will occur where?**14.** Participate in regular **15.** Throw all \_\_\_\_\_ away | **Down****1.** Falls can be a life changing event and can rob you of your **2.** Make sure the stairway has \_\_\_\_\_\_\_**3.** What is the most serious fracture from a fall in older adults**5.** Where do falls happen?**7.** Use a \_\_\_\_\_\_ for balance**10.** Wear proper fitting **11.** The first step to decreasing a fall is to keep **13.** Get a yearly \_\_\_\_ exam |