



**SAFETY: it takes all of us**

CAUTION



**CAUTION  
Wet Floor**



## 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  
**SAFETY**  
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#### ANSWER KEY

1. C
2. True
3. D
4. True
5. A