

# Slips, trips and falls home safety quiz

Falls are the largest single cause of accident related A&E attendance... but they don't have to happen! Put your team to the test with our fun slips, trips and falls general knowledge quiz...

**Question 1:** What is the maximum amount a window should be locked in an open position to prevent a small child from falling out?

- a) 10mm      c) 500mm  
b) 100mm     d) 1000mm

ANSWER

**Question 2:** Safety gates need to be made to British and European Standard EN1930:11. But what age group are they tested to be used for?

- a) Under 5 years      c) Under 24 months  
b) Under 36 months    d) Under 1 year

ANSWER

**Question 3:** Which statement is correct in terms of preventing falls? Safety gates should be:

- a) Fixed securely at the top and bottom of the stairs  
b) Fitted to prevent access to the kitchen  
c) Kept in place until a child starts to attend school  
d) Fitted to make sure the dog is kept away from where the children are playing

ANSWER

**Question 4:** The safest place to change a baby's nappy is usually...

- a) On the bed      c) On a sofa  
b) On a table      d) On the floor

ANSWER

**Question 5:** Key actions to prevent falls among older people include:

- a) Strength and balance training  
b) Home hazard assessment and intervention  
c) Vision assessment and medication review  
d) All of these

ANSWER

**Question 6:** What proportion of people over the age of 65 years old are injured in falls every year?

- a) 1 in 5      c) 1 in 20  
b) 1 in 3      d) 50%

ANSWER

**Question 7:** The best way to prevent slips, trips and falls in the bath is...

- a) Use a shower instead  
b) Use less soap  
c) Use a non-slip bathmat  
d) Check the water is the right temperature before getting in

ANSWER

**Question 8:** Which of the following is good falls prevention advice for people over 65 years old?

- a) Move to a bungalow  
b) Try and use the stairs only when absolutely necessary  
c) Include strength and balance exercise in your daily routine  
d) Stay indoors and away from direct sunlight

ANSWER

**Question 9:** Which of the following represents the best way to deal with clutter on the stairs?

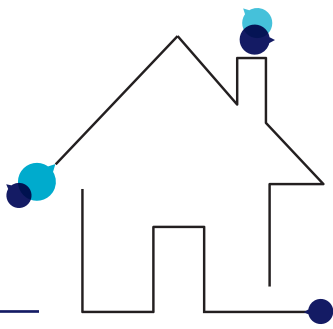
- a) Try and clear it up at the end of each day  
b) Only put small objects there that are unlikely to be tripped over  
c) It's ok as long as there are no older people living at the house  
d) Keep stairs free of clutter at all times

ANSWER

**Question 10:** How many hip fractures occur in the UK?

- a) 1 every hour      c) 2 or 3 every day  
b) 1 every 10 minutes    d) 100 a week

ANSWER



# Answers

## Slips, trips and falls home safety quiz

**Question 1:** What is the maximum amount a window should be locked in an open position to prevent a small child from falling out?

**Answer b.** 100mm

Always fit child resistant window restrictors above the ground floor but make sure you can get out easily in an emergency.

**Question 2:** Safety gates need to be made to British and European Standard EN1930:11. But what age group are they tested to be used for?

**Answer c.** Under 24 months

Always use a fixed safety gate at the top and bottom of stairs.

**Question 3:** Which statement is correct in terms of preventing falls? Safety gates should be:

**Answer a.** Fixed securely at the top and bottom of the stairs

Falls can easily occur when safety gates are not fixed securely. This is a very common problem.

**Question 4:** The safest place to change a baby's nappy is usually...

**Answer d.** On the floor

Be prepared for your baby to move quickly especially when starting to crawl.

**Question 5:** Key actions to prevent falls among older people include.

**Answer d.** All of these

A multifactorial approach is needed to prevent falls among older people.

**Question 6:** What proportion of people over the age of 65 years old are injured in falls every year?

**Answer b.** 1 in 3

This is a very significant problem that affects over a third of over 65s, with numbers set to grow in an ageing population. It can often be the starting point for significant decline in health and mobility.

**Question 7:** The best way to prevent slips, trips and falls in the bath is...

**Answer c.** Use a non-slip bathmat

The bath and shower can be a hazardous place for falls but simple low cost measures can help to reduce the risk.

**Question 8:** Which of the following is good falls prevention advice for people over 65 years old?

**Answer c.** Include strength and balance exercise in your daily routine

Staying active and improving strength and balance is the single most important thing a person can do to reduce their risk of falling.

**Question 9:** Which of the following represents the best way to deal with clutter on the stairs?

**Answer d.** Keep stairs free of clutter at all times

Stairs should be carefully maintained, damage or worn carpet should be repaired or removed.

**Question 10:** How many hip fractures occur in the UK?

**Answer b.** 1 every 10 minutes

Hip fractures occur very frequently and often have a lasting effect on people's lives.