



Pre- and Post-Testing/Icebreaker

The following prompts can be used during the group presentation process. When used at the beginning of the presentation and again at the end, they not only will help with the retention process but will help gauge participants' knowledge gain. The prompts are in a True/False format for easy group answering. Asking questions at the beginning of the presentation gives the participants a sense of the program, shows them the importance of the program, and can be used as an icebreaker!



It is okay to warm blankets by putting them on space heaters.



False. Space heaters need 3 feet (1 meter) of space from all objects.



It is important to have your vision checked every year.



True. Seeing an eye specialist once a year can improve vision and help prevent falls.



Even in the house, wearing well-fitting, low-heeled shoes with non slip soles will help prevent falls and improve balance.



True. House slippers or stocking feet can result in falls.



Having one smoke alarm in your home or apartment is enough.



False. Smoke alarms save lives. They give early warning to get out when there is a fire. Have working smoke alarms installed on every level of your home, inside each bedroom, and outside every sleeping area.



When frying food, it is important not only to stay in the kitchen but to keep a pan lid nearby to smother the pan in case of a fire.



True. Never put water on a grease fire.

