



## CONTEST

Read the *Be Injury Free* Health Issues newsletter to learn about preventing injuries. Then, finish the following questions and fill in the blanks.

### PART 1

1. Household chores, outdoor yard maintenance, and home renovation combined were the \_\_\_\_\_ most common cause of injury after sports among Canadians aged 12 years old or older.
2. Injuries represent a substantial problem within the healthcare system but many injuries are \_\_\_\_\_.
3. Reduce your risk of injury and self-harm by \_\_\_\_\_ the number of drinks you have to the amount recommended in the Low Risk Alcohol Drinking Guidelines.
4. Keep all household chemicals products in their \_\_\_\_\_ containers and out of reach of young children.
5. Medications, including those that are expired, can result in accidental \_\_\_\_\_.
6. Over half of all falls take place at \_\_\_\_\_.
7. You should not operate a \_\_\_\_\_ while impaired or allow passengers that are impaired to ride.
8. By safely storing, monitoring, and \_\_\_\_\_ of medications it is possible for you to protect yourself and your family from prescription drug abuse.
9. Shoes with laces and hard \_\_\_\_\_ provide more support than slip-ons,
10. Alcohol intoxication \_\_\_\_\_ motor functioning causing imbalances and slowed reaction times.

### Part 2

Unscramble the circled letters in the puzzle and answer the following question:  
What is the most common distraction for drivers that lead to injuries?

\_\_\_\_\_