

## Falls Free® Wisconsin Coalition

### Falls Prevention Awareness Month Placemat Contest

The Falls Free® Wisconsin Coalition is holding a contest! The goal is to create a placemat with falls prevention education for older adults for partners throughout the state to distribute during Falls Prevention Awareness Month (FPAM) this September. Submit for your chance to receive support for printing costs!

#### Submission Requirements:

- Submit placemat design in a format that can be shared and edited by partners (PDF, Word, PPT).
- Create a 1-sided document, size: 8.5" x 14"
- 16-18 pt sans serif font (Corbel, Noto Sans, Helvetica, Open Sans, etc.,). Avoid fancy or narrow fonts or all caps, use bold for emphasis, and limit use of italics and underlines.
- Use dark text on a light background. If unsure, run text/background through an accessibility filter (example: [bit.ly/3QmtW9N](https://bit.ly/3QmtW9N)).
- Incorporate these colors throughout:
  - Orange: Hex: #FF8811; RGB: 255, 136, 17
  - Fuchsia: Hex: #9E1F63; RGB: 157, 32, 99
  - Green: Hex: #85BD3D; RGB: 133, 190, 61
- Use language at an 8th grade reading level.
- Include Falls Free WI [logo](#) and website link: FallsFreeWI.org
- Address the theme: "From Awareness to Action" OR include information from at least ONE or several of the [6 Steps to Prevent a Fall](#) as the theme for your placemat.
- Cite any sources for statistics and/or images. Include only images that are public domain from sites such as [Unsplash](#) or [Adobe Stock](#).
- We encourage submissions in Spanish, Hmong or other languages! *If submitting in another language, please include English translation for judges.*

## How to Enter:

- Email submissions to [falls@wihealthyaging.org](mailto:falls@wihealthyaging.org).
- Include submitter's name, organization, city, state, email address, and phone number.

**Deadline: Friday, July 26, 2024.**

## Judging and Awards:

- Placemat submissions will be shared on the Falls Free Wisconsin website to be shared with statewide partners for use throughout WI.
- Judges from the Falls Free Wisconsin Coalition will choose the top 3 winners.
- Monetary prizes will be awarded to the organization to cover printing costs for 1st-3rd places: 1st place: \$125; 2nd place: \$100; 3rd place: \$75.

**Questions?** Contact [falls@wihealthyaging.org](mailto:falls@wihealthyaging.org). **Need examples for inspiration?** Check out North Carolina Falls Prevention Coalition's 2023 placemat contest submissions at [bit.ly/4d4ECUa](https://bit.ly/4d4ECUa).

HELP BETTIE NAVIGATE HER HOME WITHOUT ANY FALLS!

Down:

1. Wearing a safe style can significantly reduce the risk of an injury
2. Should never be used as a step stool
3. Leading cause of injury for people over age of 25
6. Strengthens bones and muscles
8. Drink 6 to 8 glasses each day to prevent dehydration
9. Should be checked by a doctor each year
11. Make it safer to prevent falls

Across:

4. Stairway safety feature
5. One of the most important ways to reduce your chances of falling
7. A \_\_\_ can cause you to slip and fall
10. Should be installed along the path from bedroom to bathroom
12. A dosage change can make you drowsy or lightheaded

www.qets.com & Evelyn Bailey Johnson

**ncoa** | **FallsFree** | **2023 Falls Prevention Month**  
national council on aging. | North Carolina Falls Prevention Coalition | [ncfallsprevention.org](https://ncfallsprevention.org)

**Happy designing! Thank you for all that you do to prevent falls in Wisconsin!**

