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# Extrinsic Risk Factors

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## What is an Extrinsic Risk Factor?

*“An outside force or something that is external to the body or person that increases the risk for fall and/or injury...”*

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## OBJECTIVES

1. Identify at least three (3) of the most common extrinsic risk factors associated with falls/injuries.
2. List at least one (1) possible strategy to minimize the risk of inadequate or poor lighting.
3. List at least one (1) possible strategy to minimize the risk of unstable surfaces.
4. List at least one (1) possible strategy to minimize the risk of tripping over obstacles or hazards.

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## What are the most Common Extrinsic Risk Factors?

- Inadequate or Poor Lighting
- Unstable Surfaces/Unsure Footing
- Presence of Obstacles/Hazards

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# Inadequate, Poor, or Absent Lighting

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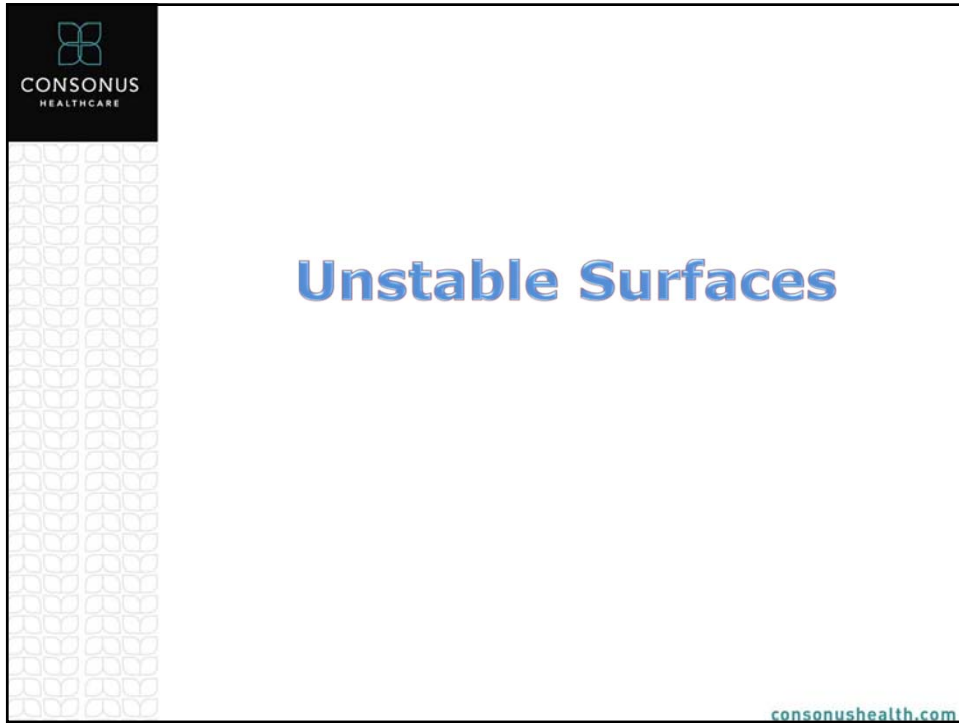
glare



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This slide features the Consonus Healthcare logo in the top left corner. The main content area is divided into a vertical decorative column on the left with a repeating pattern of stylized 'M' shapes, and a white space on the right. In the center of the white space is a purple rectangular box containing the word 'glare' in white lowercase letters. To the right of this box is a pair of tortoiseshell safety glasses with a 'Polarized' label on the lens. The website address 'consonushealth.com' is printed in the bottom right corner.

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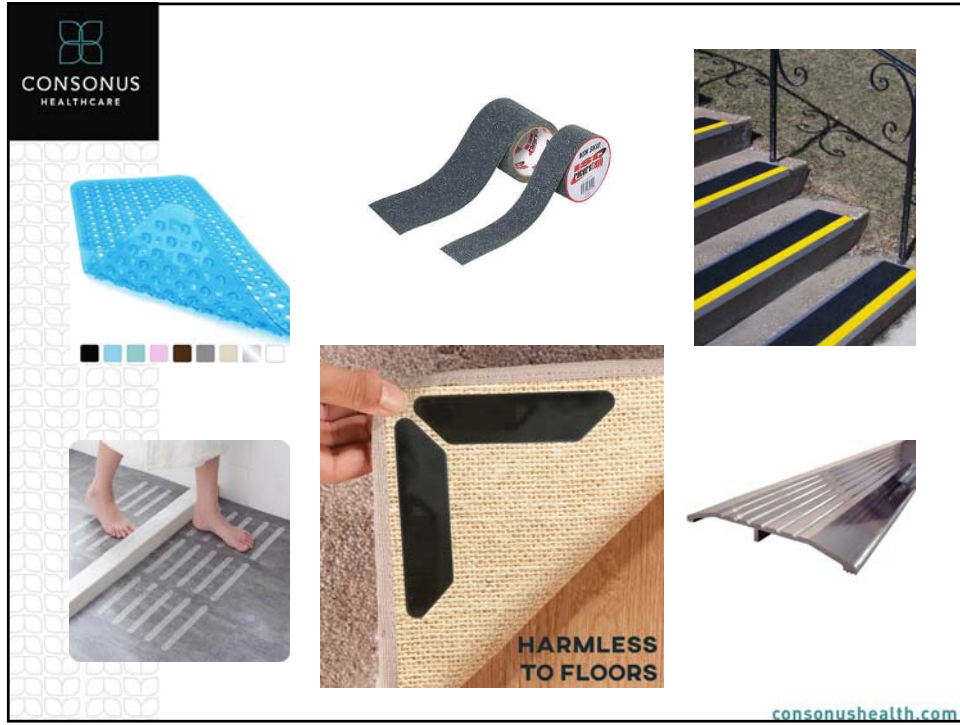
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**Unstable Surfaces**

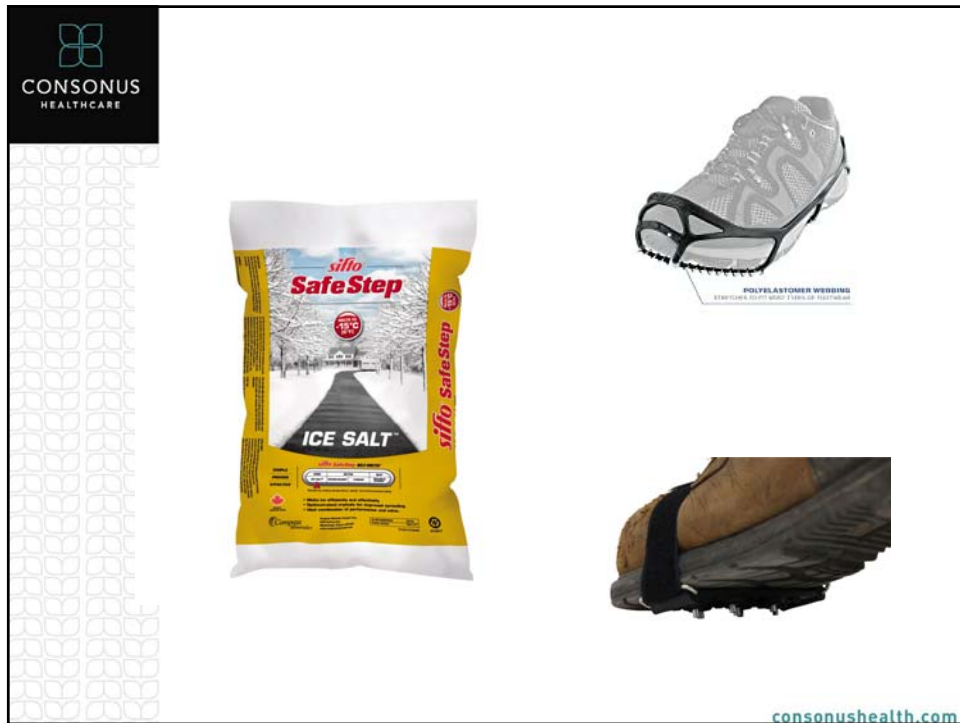
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This slide features the Consonus Healthcare logo in the top left corner. The main content area is divided into a vertical decorative column on the left with a repeating pattern of stylized 'M' shapes, and a white space on the right. In the center of the white space is the text 'Unstable Surfaces' in a large, bold, blue font. The website address 'consonushealth.com' is printed in the bottom right corner.


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# Unsure Footing

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# Obstacles/Hazards

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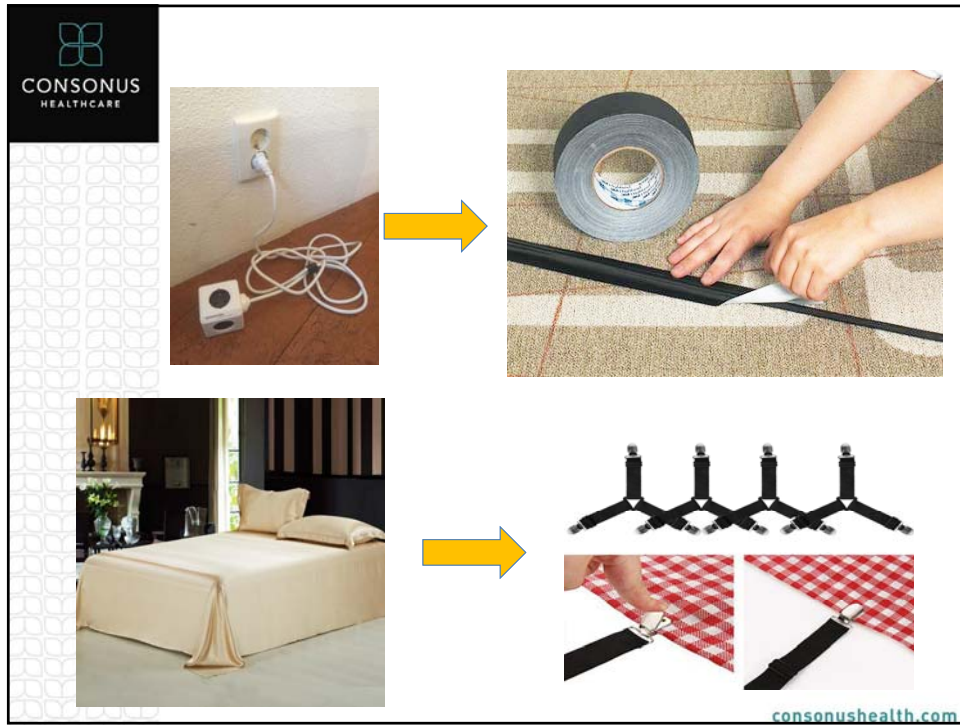
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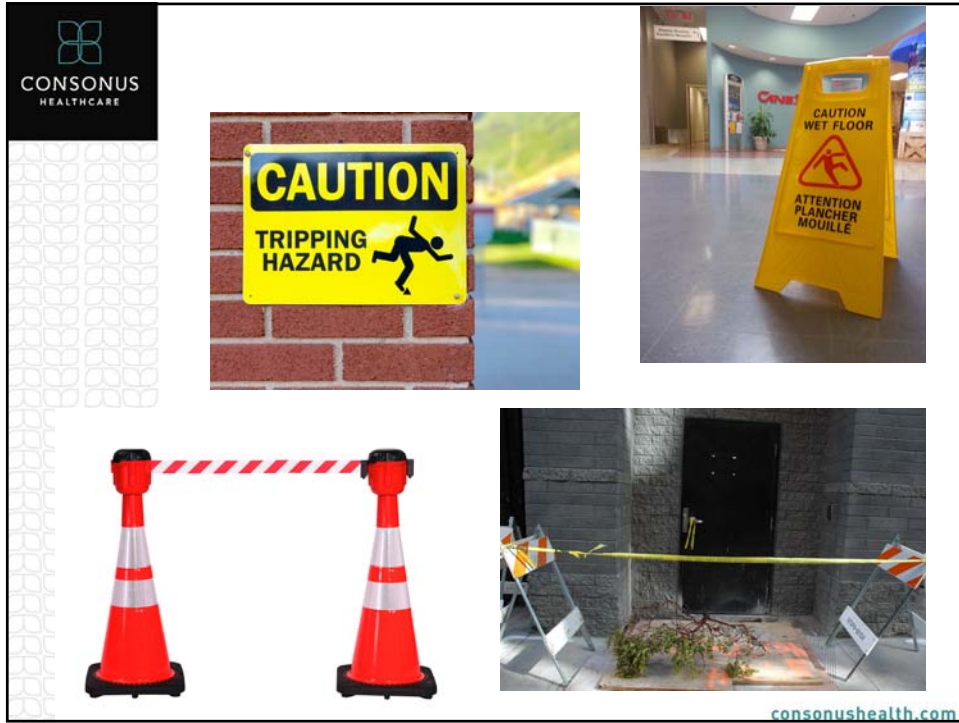


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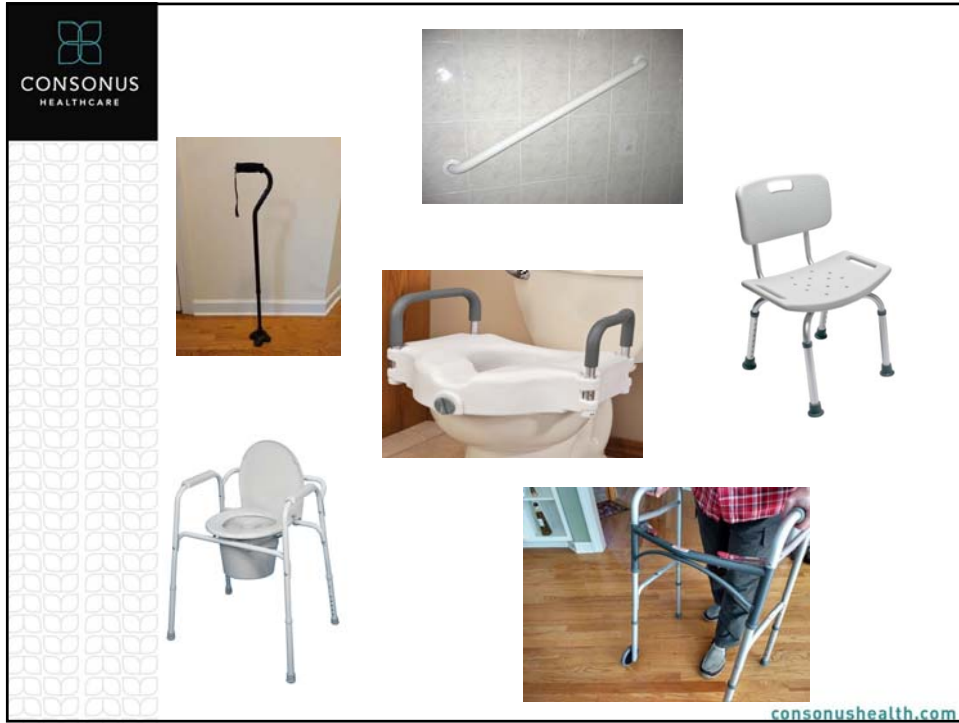




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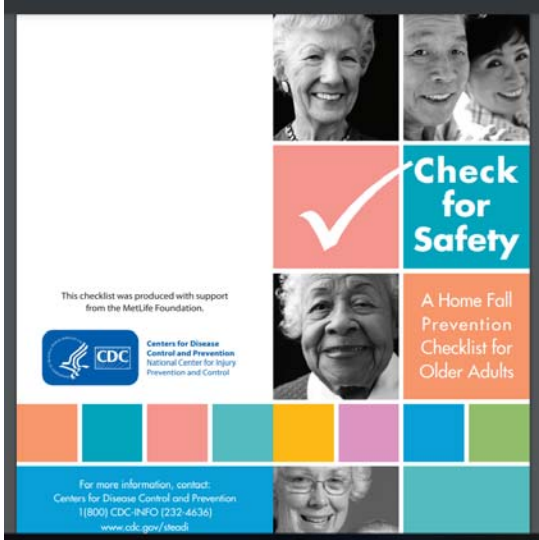
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[https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)




The image shows the cover of a brochure titled "Check for Safety: A Home Fall Prevention Checklist for Older Adults". The cover features a grid of photos of older adults, a large white checkmark on a red background, and the CDC logo. Text on the cover includes: "This checklist was produced with support from the MetLife Foundation.", "Centers for Disease Control and Prevention National Center for Injury Prevention and Control", and "For more information, contact: Centers for Disease Control and Prevention (1(800) CDC-INFO (232-4636) www.cdc.gov/steady".

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A photograph of a white wooden sign with the words "Thank You" written in a large, black, cursive font. The sign is placed on a wooden surface against a blurred background of wooden planks.

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