Fall Prevention Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/ff8769

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to https://myfreebingocards.com/faq where you will find solutions to most common problems.

Share

Pin these bingo cards on Pinterest, share on Facebook, or post this link: mfbc.us/s/ff8769

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/ff8769

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Grab bars	Non-slip soles	Regular physical activity	Yearly vision check-ups	Yearly hearing check-ups	Tai Chi	Yoga
Good lighting	Pace yourself	Eat Healthy	Scan your environment	Eliminate floor clutter	Water exercises	Avoid obstacles
Know medication side effects	Avoid floor rugs	Life Alert	Avoid slippery surfaces	Lock your brakes	Don't stand-up too quickly	Elevated Toilet
Avoid uneven surfaces	Focus	Careful of pets				

Bingo Card ID 001

Fall Prevention

Scan your environment	Avoid slippery surfaces	Know medication side effects	Don't stand-up too quickly	Non-slip soles
Good lighting	Lock your brakes	Tai Chi	Pace yourself	Careful of pets
Water exercises	Yearly vision check-ups	FREE SPACE	Eat Healthy	Avoid obstacles
Yoga	Eliminate floor clutter	Grab bars	Avoid floor rugs	Focus
Elevated Toilet	Avoid uneven surfaces	Life Alert	Regular physical activity	Yearly hearing check-ups

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Bingo Card ID 002

Fall Prevention

Tai Chi	Pace yourself	Life Alert	Scan your environment	Eliminate floor clutter
Good lighting	Eat Healthy	Regular physical activity	Water exercises	Don't stand-up too quickly
Yoga	Focus	FREE SPACE	Avoid uneven surfaces	Grab bars
Avoid obstacles	Careful of pets	Avoid slippery surfaces	Yearly vision check-ups	Avoid floor rugs
Non-slip soles	Elevated Toilet	Know medication side effects	Lock your brakes	Yearly hearing check-ups

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Bingo Card ID 003

Fall Prevention

Regular physical activity	Lock your brakes	Tai Chi	Focus	Grab bars
Yearly hearing check-ups	Don't stand-up too quickly	Eat Healthy	Life Alert	Yearly vision check-ups
Avoid slippery surfaces	Scan your environment	FREE SPACE	Avoid obstacles	Elevated Toilet
Pace yourself	Eliminate floor clutter	Water exercises	Avoid floor rugs	Yoga
Non-slip soles	Know medication side effects	Good lighting	Careful of pets	Avoid uneven surfaces

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Bingo Card ID 004

Fall Prevention

Yearly vision check-ups	Know medication side effects	Water exercises	Careful of pets	Life Alert
Avoid obstacles	Lock your brakes	Non-slip soles	Yoga	Regular physical activity
Eat Healthy	Scan your environment	FREE SPACE	Tai Chi	Avoid uneven surfaces
Focus	Eliminate floor clutter	Don't stand-up too quickly	Yearly hearing check-ups	Good lighting
Pace yourself	Avoid slippery surfaces	Grab bars	Avoid floor rugs	Elevated Toilet

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Bingo Card ID 005

Fall Prevention

Know medication side effects	Careful of pets	Yearly vision check-ups	Eat Healthy	Avoid floor rugs
Tai Chi	Eliminate floor clutter	Pace yourself	Yearly hearing check-ups	Avoid obstacles
Avoid slippery surfaces	Yoga	FREE SPACE	Good lighting	Grab bars
Don't stand-up too quickly	Avoid uneven surfaces	Focus	Lock your brakes	Scan your environment
Elevated Toilet	Water exercises	Non-slip soles	Regular physical activity	Life Alert

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Bingo Card ID 006

Fall Prevention

Know medication side effects	Avoid slippery surfaces	Scan your environment	Avoid uneven surfaces	Don't stand-up too quickly
Eat Healthy	Pace yourself	Life Alert	Tai Chi	Lock your brakes
Avoid floor rugs	Grab bars	FREE SPACE	Non-slip soles	Regular physical activity
Eliminate floor clutter	Water exercises	Yearly vision check-ups	Yoga	Good lighting
Focus	Careful of pets	Yearly hearing check-ups	Avoid obstacles	Elevated Toilet

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Bingo Card ID 007

Fall Prevention

Yoga	Avoid uneven surfaces	Water exercises	Non-slip soles	Tai Chi
Elevated Toilet	Pace yourself	Don't stand-up too quickly	Grab bars	Lock your brakes
Eat Healthy	Regular physical activity	FREE SPACE	Good lighting	Avoid obstacles
Know medication side effects	Life Alert	Focus	Avoid floor rugs	Yearly vision check-ups
Eliminate floor clutter	Scan your environment	Careful of pets	Avoid slippery surfaces	Yearly hearing check-ups

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Bingo Card ID 008

Fall Prevention

Yoga	Scan your environment	Eliminate floor clutter	Good lighting	Avoid floor rugs
Avoid uneven surfaces	Avoid obstacles	Yearly vision check-ups	Know medication side effects	Careful of pets
Tai Chi	Regular physical activity	FREE SPACE	Lock your brakes	Eat Healthy
Avoid slippery surfaces	Yearly hearing check-ups	Don't stand-up too quickly	Non-slip soles	Grab bars
Pace yourself	Focus	Elevated Toilet	Life Alert	Water exercises

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Bingo Card ID 009

Fall Prevention

Eliminate floor clutter	Focus	Life Alert	Avoid obstacles	Water exercises
Know medication side effects	Careful of pets	Don't stand-up too quickly	Grab bars	Scan your environment
Regular physical activity	Lock your brakes	FREE SPACE	Yoga	Eat Healthy
Pace yourself	Elevated Toilet	Yearly hearing check-ups	Non-slip soles	Avoid uneven surfaces
Good lighting	Tai Chi	Avoid slippery surfaces	Avoid floor rugs	Yearly vision check-ups

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Bingo Card ID 010

Fall Prevention

Non-slip soles	Yearly vision check-ups	Water exercises	Avoid slippery surfaces	Avoid uneven surfaces
Pace yourself	Elevated Toilet	Eat Healthy	Avoid obstacles	Avoid floor rugs
Life Alert	Tai Chi	FREE SPACE	Focus	Scan your environment
Know medication side effects	Yoga	Grab bars	Yearly hearing check-ups	Careful of pets
Regular physical activity	Good lighting	Eliminate floor clutter	Don't stand-up too quickly	Lock your brakes

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Bingo Card ID 011

Fall Prevention

Avoid slippery surfaces	Yearly hearing check-ups	Avoid obstacles	Scan your environment	Don't stand-up too quickly
Lock your brakes	Eliminate floor clutter	Know medication side effects	Tai Chi	Elevated Toilet
Life Alert	Non-slip soles	FREE SPACE	Yoga	Grab bars
Pace yourself	Regular physical activity	Water exercises	Avoid uneven surfaces	Yearly vision check-ups
Avoid floor rugs	Eat Healthy	Careful of pets	Good lighting	Focus

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Bingo Card ID 012

Fall Prevention

Lock your brakes	Elevated Toilet	Pace yourself	Avoid slippery surfaces	Eat Healthy
Focus	Life Alert	Good lighting	Yearly hearing check-ups	Don't stand-up too quickly
Grab bars	Tai Chi	FREE SPACE	Avoid obstacles	Yoga
Know medication side effects	Scan your environment	Yearly vision check-ups	Eliminate floor clutter	Avoid uneven surfaces
Avoid floor rugs	Regular physical activity	Non-slip soles	Careful of pets	Water exercises

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Bingo Card ID 013

Fall Prevention

Tai Chi	Eliminate floor clutter	Careful of pets	Focus	Life Alert
Avoid uneven surfaces	Don't stand-up too quickly	Yoga	Lock your brakes	Water exercises
Scan your environment	Pace yourself	FREE SPACE	Eat Healthy	Elevated Toilet
Avoid floor rugs	Non-slip soles	Avoid obstacles	Good lighting	Avoid slippery surfaces
Yearly vision check-ups	Grab bars	Know medication side effects	Yearly hearing check-ups	Regular physical activity

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Bingo Card ID 014

Fall Prevention

Focus	Careful of pets	Grab bars	Life Alert	Avoid uneven surfaces
Tai Chi	Regular physical activity	Good lighting	Lock your brakes	Eat Healthy
Yearly hearing check-ups	Avoid floor rugs	FREE SPACE	Pace yourself	Know medication side effects
Non-slip soles	Avoid obstacles	Yearly vision check-ups	Don't stand-up too quickly	Water exercises
Scan your environment	Yoga	Eliminate floor clutter	Elevated Toilet	Avoid slippery surfaces

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Bingo Card ID 015

Fall Prevention

Elevated Toilet	Eliminate floor clutter	Know medication side effects	Pace yourself	Avoid slippery surfaces
Regular physical activity	Yearly vision check-ups	Life Alert	Don't stand-up too quickly	Avoid obstacles
Lock your brakes	Careful of pets	FREE SPACE	Water exercises	Tai Chi
Good lighting	Scan your environment	Yoga	Eat Healthy	Avoid floor rugs
Yearly hearing check-ups	Avoid uneven surfaces	Non-slip soles	Grab bars	Focus

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Bingo Card ID 016

Fall Prevention

Lock your brakes	Grab bars	Avoid obstacles	Yoga	Eat Healthy
Yearly vision check-ups	Yearly hearing check-ups	Tai Chi	Life Alert	Regular physical activity
Non-slip soles	Avoid floor rugs	FREE SPACE	Know medication side effects	Focus
Pace yourself	Scan your environment	Good lighting	Eliminate floor clutter	Water exercises
Careful of pets	Elevated Toilet	Avoid slippery surfaces	Don't stand-up too quickly	Avoid uneven surfaces

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Bingo Card ID 017

Fall Prevention

Know medication side effects	Lock your brakes	Don't stand-up too quickly	Yoga	Careful of pets
Water exercises	Avoid slippery surfaces	Elevated Toilet	Focus	Eliminate floor clutter
Life Alert	Avoid floor rugs	FREE SPACE	Good lighting	Grab bars
Pace yourself	Avoid uneven surfaces	Yearly hearing check-ups	Non-slip soles	Regular physical activity
Scan your environment	Yearly vision check-ups	Avoid obstacles	Tai Chi	Eat Healthy

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Bingo Card ID 018

Fall Prevention

Grab bars	Avoid slippery surfaces	Avoid floor rugs	Careful of pets	Tai Chi
Life Alert	Scan your environment	Lock your brakes	Non-slip soles	Regular physical activity
Yearly vision check-ups	Know medication side effects	FREE SPACE	Good lighting	Focus
Eliminate floor clutter	Water exercises	Eat Healthy	Elevated Toilet	Don't stand-up too quickly
Avoid uneven surfaces	Avoid obstacles	Pace yourself	Yearly hearing check-ups	Yoga

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Bingo Card ID 019

Fall Prevention

Eat Healthy	Good lighting	Focus	Avoid uneven surfaces	Grab bars
Eliminate floor clutter	Careful of pets	Non-slip soles	Life Alert	Regular physical activity
Scan your environment	Yoga	FREE SPACE	Don't stand-up too quickly	Water exercises
Pace yourself	Elevated Toilet	Avoid obstacles	Tai Chi	Avoid floor rugs
Know medication side effects	Yearly hearing check-ups	Lock your brakes	Yearly vision check-ups	Avoid slippery surfaces

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Bingo Card ID 020

Fall Prevention

Life Alert	Water exercises	Eat Healthy	Lock your brakes	Avoid floor rugs
Pace yourself	Non-slip soles	Elevated Toilet	Know medication side effects	Avoid slippery surfaces
Yearly hearing check-ups	Good lighting	FREE SPACE	Grab bars	Eliminate floor clutter
Tai Chi	Avoid uneven surfaces	Yearly vision check-ups	Yoga	Regular physical activity
Avoid obstacles	Don't stand-up too quickly	Careful of pets	Focus	Scan your environment

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Bingo Card ID 021

Fall Prevention

Water exercises	Non-slip soles	Elevated Toilet	Lock your brakes	Scan your environment
Regular physical activity	Know medication side effects	Yearly vision check-ups	Avoid obstacles	Careful of pets
Avoid uneven surfaces	Don't stand-up too quickly	FREE SPACE	Yoga	Focus
Pace yourself	Tai Chi	Avoid floor rugs	Life Alert	Grab bars
Eat Healthy	Avoid slippery surfaces	Good lighting	Yearly hearing check-ups	Eliminate floor clutter

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Bingo Card ID 022

Fall Prevention

Grab bars	Avoid floor rugs	Careful of pets	Focus	Non-slip soles
Know medication side effects	Pace yourself	Avoid slippery surfaces	Avoid obstacles	Tai Chi
Yoga	Eliminate floor clutter	FREE SPACE	Good lighting	Scan your environment
Yearly hearing check-ups	Avoid uneven surfaces	Life Alert	Water exercises	Elevated Toilet
Don't stand-up too quickly	Yearly vision check-ups	Regular physical activity	Lock your brakes	Eat Healthy

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Bingo Card ID 023

Fall Prevention

Good lighting	Focus	Avoid floor rugs	Avoid uneven surfaces	Pace yourself
Water exercises	Regular physical activity	Yoga	Eliminate floor clutter	Tai Chi
Yearly vision check-ups	Grab bars	FREE SPACE	Elevated Toilet	Eat Healthy
Life Alert	Yearly hearing check-ups	Non-slip soles	Lock your brakes	Careful of pets
Don't stand-up too quickly	Avoid obstacles	Scan your environment	Avoid slippery surfaces	Know medication side effects

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Bingo Card ID 024

Fall Prevention

Eat Healthy	Yearly hearing check-ups	Regular physical activity	Avoid slippery surfaces	Non-slip soles
Good lighting	Lock your brakes	Know medication side effects	Yearly vision check-ups	Careful of pets
Elevated Toilet	Life Alert	FREE SPACE	Eliminate floor clutter	Grab bars
Pace yourself	Avoid floor rugs	Avoid uneven surfaces	Focus	Don't stand-up too quickly
Scan your environment	Water exercises	Avoid obstacles	Tai Chi	Yoga

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Bingo Card ID 025

Fall Prevention

Life Alert	Regular physical activity	Yearly vision check-ups	Careful of pets	Avoid uneven surfaces
Grab bars	Eliminate floor clutter	Avoid floor rugs	Focus	Yoga
Good lighting	Lock your brakes	FREE SPACE	Avoid slippery surfaces	Water exercises
Tai Chi	Yearly hearing check-ups	Don't stand-up too quickly	Scan your environment	Elevated Toilet
Non-slip soles	Know medication side effects	Avoid obstacles	Eat Healthy	Pace yourself

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Bingo Card ID 026

Fall Prevention

Avoid floor rugs	Elevated Toilet	Focus	Tai Chi	Eat Healthy
Avoid obstacles	Grab bars	Yoga	Water exercises	Good lighting
Careful of pets	Pace yourself	FREE SPACE	Avoid uneven surfaces	Know medication side effects
Non-slip soles	Regular physical activity	Yearly hearing check-ups	Life Alert	Lock your brakes
Scan your environment	Eliminate floor clutter	Avoid slippery surfaces	Don't stand-up too quickly	Yearly vision check-ups

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Bingo Card ID 027

Fall Prevention

Yoga	Elevated Toilet	Know medication side effects	Life Alert	Yearly vision check-ups
Avoid obstacles	Water exercises	Avoid floor rugs	Careful of pets	Yearly hearing check-ups
Grab bars	Regular physical activity	FREE SPACE	Avoid uneven surfaces	Eliminate floor clutter
Scan your environment	Lock your brakes	Non-slip soles	Focus	Good lighting
Avoid slippery surfaces	Pace yourself	Tai Chi	Eat Healthy	Don't stand-up too quickly

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Bingo Card ID 028

Fall Prevention

Yoga	Good lighting	Scan your environment	Eat Healthy	Pace yourself
Yearly vision check-ups	Yearly hearing check-ups	Water exercises	Avoid floor rugs	Regular physical activity
Lock your brakes	Tai Chi	FREE SPACE	Avoid uneven surfaces	Focus
Eliminate floor clutter	Careful of pets	Avoid slippery surfaces	Life Alert	Elevated Toilet
Don't stand-up too quickly	Grab bars	Avoid obstacles	Non-slip soles	Know medication side effects

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Bingo Card ID 029

Fall Prevention

Good lighting	Avoid slippery surfaces	Yearly hearing check-ups	Avoid floor rugs	Careful of pets
Elevated Toilet	Avoid obstacles	Avoid uneven surfaces	Grab bars	Life Alert
Eliminate floor clutter	Lock your brakes	FREE SPACE	Yearly vision check-ups	Regular physical activity
Eat Healthy	Tai Chi	Water exercises	Yoga	Don't stand-up too quickly
Pace yourself	Non-slip soles	Scan your environment	Focus	Know medication side effects

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Bingo Card ID 030

Fall Prevention

Non-slip soles	Elevated Toilet	Avoid obstacles	Eat Healthy	Yearly vision check-ups
Water exercises	Don't stand-up too quickly	Lock your brakes	Yoga	Good lighting
Scan your environment	Life Alert	FREE SPACE	Know medication side effects	Careful of pets
Avoid slippery surfaces	Grab bars	Tai Chi	Regular physical activity	Focus
Avoid uneven surfaces	Yearly hearing check-ups	Avoid floor rugs	Pace yourself	Eliminate floor clutter

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