

# Fall Prevention Bingo

myfreebingocards.com

## 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](https://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](https://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](https://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](https://mfbc.us/e/ff8769)

Go to [myfreebingocards.com/bingo-card-generator](https://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](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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.

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

# 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

# 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

# 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

# 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

# Fall Prevention

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

# 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	<b>Life Alert</b>	<b>Tai Chi</b>	Lock your brakes
Avoid floor rugs	<b>Grab bars</b>	<b>FREE SPACE</b>	Non-slip soles	Regular physical activity
Eliminate floor clutter	Water exercises	Yearly vision check-ups	<b>Yoga</b>	Good lighting
<b>Focus</b>	Careful of pets	Yearly hearing check-ups	Avoid obstacles	Elevated Toilet



# 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

# Fall Prevention

<b>Yoga</b>	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
<b>Tai Chi</b>	Regular physical activity	<b>FREE SPACE</b>	Lock your brakes	Eat Healthy
Avoid slippery surfaces	Yearly hearing check-ups	Don't stand-up too quickly	Non-slip soles	<b>Grab bars</b>
Pace yourself	<b>FOCUS</b>	Elevated Toilet	<b>Life Alert</b>	Water exercises

# Fall Prevention

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

# 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

# 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

# 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

# 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

# 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



# Fall Prevention

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

# Fall Prevention

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

# 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

# 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

# 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

# Fall Prevention

<b>Life Alert</b>	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	<b>FREE SPACE</b>	<b>Grab bars</b>	Eliminate floor clutter
<b>Tai Chi</b>	Avoid uneven surfaces	Yearly vision check-ups	<b>Yoga</b>	Regular physical activity
Avoid obstacles	Don't stand-up too quickly	Careful of pets	<b>Focus</b>	Scan your environment

# 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	<b>FREE SPACE</b>	Yoga	Focus
Pace yourself	<b>Tai Chi</b>	Avoid floor rugs	Life Alert	Grab bars
Eat Healthy	Avoid slippery surfaces	Good lighting	Yearly hearing check-ups	Eliminate floor clutter

# Fall Prevention

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



# Fall Prevention

Good lighting	<b>Focus</b>	Avoid floor rugs	Avoid uneven surfaces	Pace yourself
Water exercises	Regular physical activity	<b>Yoga</b>	Eliminate floor clutter	<b>Tai Chi</b>
Yearly vision check-ups	<b>Grab bars</b>	<b>FREE SPACE</b>	Elevated Toilet	Eat Healthy
<b>Life Alert</b>	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

# 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	<b>Life Alert</b>	<b>FREE SPACE</b>	Eliminate floor clutter	<b>Grab bars</b>
Pace yourself	Avoid floor rugs	Avoid uneven surfaces	<b>Focus</b>	Don't stand-up too quickly
Scan your environment	Water exercises	Avoid obstacles	<b>Tai Chi</b>	<b>Yoga</b>

# 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

# 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

# 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

# Fall Prevention

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

# 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	<b>FREE SPACE</b>	Yearly vision check-ups	Regular physical activity
Eat Healthy	<b>Tai Chi</b>	Water exercises	<b>Yoga</b>	Don't stand-up too quickly
Pace yourself	Non-slip soles	Scan your environment	<b>Focus</b>	Know medication side effects

# 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