

# Fall Prevention Bingo

[myfreebingocards.com](http://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/ma7xmg3](https://mfbc.us/e/ma7xmg3)

## 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](http://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/ma7xmg3](https://mfbc.us/s/ma7xmg3)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/ma7xmg3](https://mfbc.us/e/ma7xmg3)

Go to [myfreebingocards.com/bingo-card-generator](http://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](http://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.

Grab bars	Non-slip socks	Regular physical activity	Yearly vision check-ups	Yearly hearing check-ups	Grab Bar	Call Bell
Good lighting	Pace yourself	Eat Healthy	Scan your environment	Eliminate floor clutter	Hydration	Avoid obstacles
Know medication side effects	Avoid floor rugs	<b>Fall Mats</b>	Avoid slippery surfaces	Lock your brakes	Don't stand-up too quickly	Elevated Toilet
Avoid uneven surfaces	<b>FOCUS</b>	Careful of other residents				

# Fall Prevention

Non-slip socks	Avoid slippery surfaces	Good lighting	Careful of other residents	Hydration
Fall Mats	Grab bars	Pace yourself	Know medication side effects	Call Bell
Regular physical activity	Yearly hearing check-ups	FREE SPACE	Don't stand-up too quickly	Avoid obstacles
Yearly vision check-ups	Elevated Toilet	Focus	Avoid floor rugs	Eliminate floor clutter
Eat Healthy	Avoid uneven surfaces	Grab Bar	Lock your brakes	Scan your environment

# Fall Prevention

Pace yourself	Know medication side effects	Grab Bar	Non-slip socks	Elevated Toilet
Fall Mats	Don't stand-up too quickly	Lock your brakes	Regular physical activity	Careful of other residents
Yearly vision check-ups	Eliminate floor clutter	FREE SPACE	Avoid uneven surfaces	Focus
Avoid obstacles	Call Bell	Avoid slippery surfaces	Yearly hearing check-ups	Avoid floor rugs
Hydration	Eat Healthy	Good lighting	Grab bars	Scan your environment

# Fall Prevention

Lock your brakes	Grab bars	Pace yourself	Eliminate floor clutter	Focus
Scan your environment	Careful of other residents	Don't stand-up too quickly	<b>Grab Bar</b>	Yearly hearing check-ups
Avoid slippery surfaces	Non-slip socks	<b>FREE SPACE</b>	Avoid obstacles	Eat Healthy
Know medication side effects	Elevated Toilet	Regular physical activity	Avoid floor rugs	Yearly vision check-ups
Hydration	Good lighting	<b>Fall Mats</b>	<b>Call Bell</b>	Avoid uneven surfaces

# Fall Prevention

Yearly hearing check-ups	Good lighting	Regular physical activity	Call Bell	Grab Bar
Avoid obstacles	Grab bars	Hydration	Yearly vision check-ups	Lock your brakes
Don't stand-up too quickly	Non-slip socks	FREE SPACE	Pace yourself	Avoid uneven surfaces
Eliminate floor clutter	Elevated Toilet	Careful of other residents	Scan your environment	Fall Mats
Know medication side effects	Avoid slippery surfaces	Focus	Avoid floor rugs	Eat Healthy

# Fall Prevention

Good lighting	Call Bell	Yearly hearing check-ups	Don't stand-up too quickly	Avoid floor rugs
Pace yourself	Elevated Toilet	Know medication side effects	Scan your environment	Avoid obstacles
Avoid slippery surfaces	Yearly vision check-ups	FREE SPACE	Fall Mats	Focus
Careful of other residents	Avoid uneven surfaces	Eliminate floor clutter	Grab bars	Non-slip socks
Eat Healthy	Regular physical activity	Hydration	Lock your brakes	Grab Bar

# Fall Prevention

Good lighting	Avoid slippery surfaces	Non-slip socks	Avoid uneven surfaces	Careful of other residents
Don't stand-up too quickly	Know medication side effects	<b>Grab Bar</b>	Pace yourself	<b>Grab bars</b>
Avoid floor rugs	<b>Focus</b>	<b>FREE SPACE</b>	Hydration	Lock your brakes
Elevated Toilet	Regular physical activity	Yearly hearing check-ups	Yearly vision check-ups	<b>Fall Mats</b>
Eliminate floor clutter	<b>Call Bell</b>	Scan your environment	Avoid obstacles	Eat Healthy

# Fall Prevention

Yearly vision check-ups	Avoid uneven surfaces	Regular physical activity	Hydration	Pace yourself
Eat Healthy	Know medication side effects	Careful of other residents	Focus	Grab bars
Don't stand-up too quickly	Lock your brakes	FREE SPACE	Fall Mats	Avoid obstacles
Good lighting	Grab Bar	Eliminate floor clutter	Avoid floor rugs	Yearly hearing check-ups
Elevated Toilet	Non-slip socks	Call Bell	Avoid slippery surfaces	Scan your environment

# Fall Prevention

Yearly vision check-ups	Non-slip socks	Elevated Toilet	Fall Mats	Avoid floor rugs
Avoid uneven surfaces	Avoid obstacles	Yearly hearing check-ups	Good lighting	Call Bell
Pace yourself	Lock your brakes	FREE SPACE	Grab bars	Don't stand-up too quickly
Avoid slippery surfaces	Scan your environment	Careful of other residents	Hydration	Focus
Know medication side effects	Eliminate floor clutter	Eat Healthy	Grab Bar	Regular physical activity

# Fall Prevention

Elevated Toilet	Eliminate floor clutter	Grab Bar	Avoid obstacles	Regular physical activity
Good lighting	Call Bell	Careful of other residents	Focus	Non-slip socks
Lock your brakes	Grab bars	FREE SPACE	Yearly vision check-ups	Don't stand-up too quickly
Know medication side effects	Eat Healthy	Scan your environment	Hydration	Avoid uneven surfaces
Fall Mats	Pace yourself	Avoid slippery surfaces	Avoid floor rugs	Yearly hearing check-ups

# Fall Prevention

Hydration	Yearly hearing check-ups	Regular physical activity	Avoid slippery surfaces	Avoid uneven surfaces
Know medication side effects	Eat Healthy	Don't stand-up too quickly	Avoid obstacles	Avoid floor rugs
<b>Grab Bar</b>	Pace yourself	<b>FREE SPACE</b>	Eliminate floor clutter	Non-slip socks
Good lighting	Yearly vision check-ups	<b>FOCUS</b>	Scan your environment	<b>Call Bell</b>
Lock your brakes	<b>Fall Mats</b>	Elevated Toilet	Careful of other residents	<b>Grab bars</b>

# Fall Prevention

Avoid slippery surfaces	Scan your environment	Avoid obstacles	Non-slip socks	Careful of other residents
Grab bars	Elevated Toilet	Good lighting	Pace yourself	Eat Healthy
Grab Bar	Hydration	FREE SPACE	Yearly vision check-ups	FOCUS
Know medication side effects	Lock your brakes	Regular physical activity	Avoid uneven surfaces	Yearly hearing check-ups
Avoid floor rugs	Don't stand-up too quickly	Call Bell	Fall Mats	Eliminate floor clutter

# Fall Prevention

Grab bars	Eat Healthy	Know medication side effects	Avoid slippery surfaces	Don't stand-up too quickly
Eliminate floor clutter	Grab Bar	Fall Mats	Scan your environment	Careful of other residents
FOCUS	Pace yourself	FREE SPACE	Avoid obstacles	Yearly vision check-ups
Good lighting	Non-slip socks	Yearly hearing check-ups	Elevated Toilet	Avoid uneven surfaces
Avoid floor rugs	Lock your brakes	Hydration	Call Bell	Regular physical activity

# Fall Prevention

Pace yourself	Elevated Toilet	Call Bell	Eliminate floor clutter	Grab Bar
Avoid uneven surfaces	Careful of other residents	Yearly vision check-ups	Grab bars	Regular physical activity
Non-slip socks	Know medication side effects	FREE SPACE	Don't stand-up too quickly	Eat Healthy
Avoid floor rugs	Hydration	Avoid obstacles	Fall Mats	Avoid slippery surfaces
Yearly hearing check-ups	Focus	Good lighting	Scan your environment	Lock your brakes

# Fall Prevention

Eliminate floor clutter	Call Bell	Focus	Grab Bar	Avoid uneven surfaces
Pace yourself	Lock your brakes	Fall Mats	Grab bars	Don't stand-up too quickly
Scan your environment	Avoid floor rugs	FREE SPACE	Know medication side effects	Good lighting
Hydration	Avoid obstacles	Yearly hearing check-ups	Careful of other residents	Regular physical activity
Non-slip socks	Yearly vision check-ups	Elevated Toilet	Eat Healthy	Avoid slippery surfaces

# Fall Prevention

Eat Healthy	Elevated Toilet	Good lighting	Know medication side effects	Avoid slippery surfaces
Lock your brakes	Yearly hearing check-ups	<b>Grab Bar</b>	Careful of other residents	Avoid obstacles
Grab bars	Call Bell	FREE SPACE	Regular physical activity	Pace yourself
<b>Fall Mats</b>	Non-slip socks	Yearly vision check-ups	Don't stand-up too quickly	Avoid floor rugs
Scan your environment	Avoid uneven surfaces	Hydration	<b>Focus</b>	Eliminate floor clutter

# Fall Prevention

Grab bars	Focus	Avoid obstacles	Yearly vision check-ups	Don't stand-up too quickly
Yearly hearing check-ups	Scan your environment	Pace yourself	Grab Bar	Lock your brakes
Hydration	Avoid floor rugs	FREE SPACE	Good lighting	Eliminate floor clutter
Know medication side effects	Non-slip socks	Fall Mats	Elevated Toilet	Regular physical activity
Call Bell	Eat Healthy	Avoid slippery surfaces	Careful of other residents	Avoid uneven surfaces

# Fall Prevention

Good lighting	Grab bars	Careful of other residents	Yearly vision check-ups	Call Bell
Regular physical activity	Avoid slippery surfaces	Eat Healthy	Eliminate floor clutter	Elevated Toilet
Grab Bar	Avoid floor rugs	FREE SPACE	Fall Mats	Focus
Know medication side effects	Avoid uneven surfaces	Scan your environment	Hydration	Lock your brakes
Non-slip socks	Yearly hearing check-ups	Avoid obstacles	Pace yourself	Don't stand-up too quickly

# Fall Prevention

<b>Focus</b>	Avoid slippery surfaces	Avoid floor rugs	<b>Call Bell</b>	Pace yourself
<b>Grab Bar</b>	Non-slip socks	<b>Grab bars</b>	Hydration	Lock your brakes
Yearly hearing check-ups	Good lighting	FREE SPACE	<b>Fall Mats</b>	Eliminate floor clutter
Elevated Toilet	Regular physical activity	Don't stand-up too quickly	Eat Healthy	Careful of other residents
Avoid uneven surfaces	Avoid obstacles	Know medication side effects	Scan your environment	Yearly vision check-ups

# Fall Prevention

Don't stand-up too quickly	<b>Fall Mats</b>	Eliminate floor clutter	Avoid uneven surfaces	<b>Focus</b>
Elevated Toilet	<b>Call Bell</b>	Hydration	<b>Grab Bar</b>	Lock your brakes
Non-slip socks	Yearly vision check-ups	<b>FREE SPACE</b>	Careful of other residents	Regular physical activity
Know medication side effects	<b>Eat Healthy</b>	Avoid obstacles	Pace yourself	Avoid floor rugs
Good lighting	Scan your environment	<b>Grab bars</b>	Yearly hearing check-ups	Avoid slippery surfaces

# Fall Prevention

<b>Grab Bar</b>	Regular physical activity	Don't stand-up too quickly	<b>Grab bars</b>	Avoid floor rugs
Know medication side effects	Hydration	Eat Healthy	Good lighting	Avoid slippery surfaces
Scan your environment	<b>Fall Mats</b>	FREE SPACE	<b>Focus</b>	Elevated Toilet
Pace yourself	Avoid uneven surfaces	Yearly hearing check-ups	Yearly vision check-ups	Lock your brakes
Avoid obstacles	Careful of other residents	<b>Call Bell</b>	Eliminate floor clutter	Non-slip socks

# Fall Prevention

Regular physical activity	Hydration	Eat Healthy	Grab bars	Non-slip socks
Lock your brakes	Good lighting	Yearly hearing check-ups	Avoid obstacles	Call Bell
Avoid uneven surfaces	Careful of other residents	FREE SPACE	Yearly vision check-ups	Eliminate floor clutter
Know medication side effects	Pace yourself	Avoid floor rugs	Grab Bar	Focus
Don't stand-up too quickly	Avoid slippery surfaces	Fall Mats	Scan your environment	Elevated Toilet

# Fall Prevention

Focus	Avoid floor rugs	Call Bell	Eliminate floor clutter	Hydration
Good lighting	Know medication side effects	Avoid slippery surfaces	Avoid obstacles	Pace yourself
Yearly vision check-ups	Elevated Toilet	FREE SPACE	Fall Mats	Non-slip socks
Scan your environment	Avoid uneven surfaces	Grab Bar	Regular physical activity	Eat Healthy
Careful of other residents	Yearly hearing check-ups	Lock your brakes	Grab bars	Don't stand-up too quickly

# Fall Prevention

<b>Fall Mats</b>	Eliminate floor clutter	Avoid floor rugs	Avoid uneven surfaces	Know medication side effects
Regular physical activity	Lock your brakes	Yearly vision check-ups	Elevated Toilet	Pace yourself
Yearly hearing check-ups	<b>Focus</b>	<b>FREE SPACE</b>	Eat Healthy	Don't stand-up too quickly
<b>Grab Bar</b>	Scan your environment	Hydration	<b>Grab bars</b>	<b>Call Bell</b>
Careful of other residents	Avoid obstacles	Non-slip socks	Avoid slippery surfaces	Good lighting

# Fall Prevention

Don't stand-up too quickly	Scan your environment	Lock your brakes	Avoid slippery surfaces	Hydration
Fall Mats	Grab bars	Good lighting	Yearly hearing check-ups	Call Bell
Eat Healthy	Grab Bar	FREE SPACE	Elevated Toilet	FOCUS
Know medication side effects	Avoid floor rugs	Avoid uneven surfaces	Eliminate floor clutter	Careful of other residents
Non-slip socks	Regular physical activity	Avoid obstacles	Pace yourself	Yearly vision check-ups

# Fall Prevention

Grab Bar	Lock your brakes	Yearly hearing check-ups	Call Bell	Avoid uneven surfaces
Focus	Elevated Toilet	Avoid floor rugs	Eliminate floor clutter	Yearly vision check-ups
Fall Mats	Grab bars	FREE SPACE	Avoid slippery surfaces	Regular physical activity
Pace yourself	Scan your environment	Careful of other residents	Non-slip socks	Eat Healthy
Hydration	Good lighting	Avoid obstacles	Don't stand-up too quickly	Know medication side effects

# Fall Prevention

Avoid floor rugs	Eat Healthy	Eliminate floor clutter	Pace yourself	Don't stand-up too quickly
Avoid obstacles	<b>Focus</b>	Yearly vision check-ups	Regular physical activity	<b>Fall Mats</b>
<b>Call Bell</b>	Know medication side effects	<b>FREE SPACE</b>	Avoid uneven surfaces	Good lighting
Hydration	Lock your brakes	Scan your environment	<b>Grab Bar</b>	<b>Grab bars</b>
Non-slip socks	Elevated Toilet	Avoid slippery surfaces	Careful of other residents	Yearly hearing check-ups

# Fall Prevention

Yearly vision check-ups	Eat Healthy	Good lighting	Grab Bar	Yearly hearing check-ups
Avoid obstacles	Regular physical activity	Avoid floor rugs	Call Bell	Scan your environment
Focus	Lock your brakes	FREE SPACE	Avoid uneven surfaces	Elevated Toilet
Non-slip socks	Grab bars	Hydration	Eliminate floor clutter	Fall Mats
Avoid slippery surfaces	Know medication side effects	Pace yourself	Don't stand-up too quickly	Careful of other residents

# Fall Prevention

Yearly vision check-ups	<b>Fall Mats</b>	Non-slip socks	Don't stand-up too quickly	Know medication side effects
Yearly hearing check-ups	Scan your environment	Regular physical activity	Avoid floor rugs	Lock your brakes
<b>Grab bars</b>	Pace yourself	<b>FREE SPACE</b>	Avoid uneven surfaces	Eliminate floor clutter
Elevated Toilet	<b>Call Bell</b>	Avoid slippery surfaces	<b>Grab Bar</b>	Eat Healthy
Careful of other residents	<b>Focus</b>	Avoid obstacles	Hydration	Good lighting

# Fall Prevention

Fall Mats	Avoid slippery surfaces	Scan your environment	Avoid floor rugs	Call Bell
Eat Healthy	Avoid obstacles	Avoid uneven surfaces	Focus	Grab Bar
Elevated Toilet	Grab bars	FREE SPACE	Yearly hearing check-ups	Lock your brakes
Don't stand-up too quickly	Pace yourself	Regular physical activity	Yearly vision check-ups	Careful of other residents
Know medication side effects	Hydration	Non-slip socks	Eliminate floor clutter	Good lighting

# Fall Prevention

Hydration	Eat Healthy	Avoid obstacles	Don't stand-up too quickly	Yearly hearing check-ups
Regular physical activity	Careful of other residents	<b>Grab bars</b>	Yearly vision check-ups	<b>Fall Mats</b>
Non-slip socks	<b>Grab Bar</b>	FREE SPACE	Good lighting	<b>Call Bell</b>
Avoid slippery surfaces	<b>Focus</b>	Pace yourself	Lock your brakes	Eliminate floor clutter
Avoid uneven surfaces	Scan your environment	Avoid floor rugs	Know medication side effects	<b>Elevated Toilet</b>