

B	I	N	G	O
Use nightlights in bedroom bathroom & hallways	Arrange closet so clothing & shoes are easy to reach	Install rails for steps & stairs	Tape down electrical cords	Put non-slip treads on bare wooden steps
Do not store boxes near doorways or in hallways	Use a raised toilet seat	Repair loose floorboards or carpet	Avoid wearing loose clothing	Store dishes in areas easy to reach
Use a bath seat if needed	Use non-slip mats in kitchens & bathrooms	FREE	Clean up clutter	Place a lamp near your bed
Place a lamp near your bed	Turn on lights before going up or down stairs	Put frequently used items in easy to access areas	Move coffee tables plants & footrests from high traffic areas	Remove or tape down loose rugs
Know side effects of medication	Do not stand on chairs or boxes to reach into cabinets	Stay physically active	Wear non-slip shoes	Have adequate lighting throughout the house

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