

B	I	N	G	O
USE HANDRAILS	ADEQUATE LIGHTING	EXERCISE	REMOVE THROW RUGS	HAVE EYES CHECKED
DON'T PLOP DOWN INTO A CHAIR	SAFE TRANSFERS	INSTALL GRAB BARS	BELL ON PETS	REDUCE CLUTTER
REPLACE OLD LIGHTBULBS	USE WALKING AIDS	FREE	CHAIRS WITH ARMRESTS	GOOD BODY MECHANICS
GOOD SOLE SHOES	REPLACE LIFTED CARPET	HAVE COMMONLY USED ITEMS EASY TO REACH	FURNITURE EASY TO MANEUVER THROUGH	HAVE LIFE ALERT IF ALONE
FIX BROKEN OR MISSING STAIRS	CHECK BLOOD PRESSURE OFTEN	NON-SLIP BATHROOM MAT	WIPE UP SPILLS	DRINK LOTS OF WATER

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EXERCIS E	WIPE UP SPILLS	HAVE EYES CHECKED	CHECK BLOOD PRESSURE OFTEN	REDUCE CLUTTER
GOOD SOLE SHOES	CHAIRS WITH ARMRESTS	FREE	GOOD BODY MECHANICS	ADEQUATE LIGHTING
FURNITURE EASY TO MANEUVER THROUGH	NON-SLIP BATHROOM MAT	USE HANDRAILS	DRINK LOTS OF WATER	REPLACE LIFTED CARPET
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