B	I	N	G	O
USE CALL BELL	CALL FOR HELP	DRINK WATER	SHOES WITH LOW/ NO HEAL	LOCK YOUR BRAKES
DECREASED STRENGTH	TURN LIGHTS ON	REGULAR EYE CHECK	DECREASED BALANCE	RUBBER SOLED SHOES
STAND SLOWLY	USE WALKING AID	**FREE**	DECREASED MOBILITY	EXERCISE
FEAR OF FALLING	SNUG FITTING SHOES	ILL-FITTING CLOTHING	EAT VEGETABLES	MEDICATIONS
EAT FRUIT	DECREASED REACTION TIME	REGULAR GP REVIEW	WALK TALL	DONT RUSH

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B	I	N	G	O
USE WALKING AID	DECREASED BALANCE	SHOES WITH LOW/ NO HEAL	DECREASED STRENGTH	REGULAR EYE CHECK
DRINK WATER	WALK TALL	LOCK YOUR BRAKES	DECREASED REACTION TIME	RUBBER SOLED SHOES
FEAR OF FALLING	DECREASED MOBILITY	**FREE**	EXERCISE	CALL FOR HELP
EAT VEGETABLES	REGULAR GP REVIEW	USE CALL BELL	DONT RUSH	SNUG FITTING SHOES
ILL-FITTING CLOTHING	MEDICATIONS	STAND SLOWLY	TURN LIGHTS ON	EAT FRUIT

Fall prevention Bingo Card #2 of 3

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B	I	N	G	O
DECREASED REACTION TIME	REGULAR GP REVIEW	DECREASED BALANCE	MEDICATIONS	DECREASED MOBILITY
USE CALL BELL	FEAR OF FALLING	ILL-FITTING CLOTHING	TURN LIGHTS ON	LOCK YOUR BRAKES
STAND SLOWLY	DONT RUSH	**FREE**	SNUG FITTING SHOES	EAT VEGETABLES
USE WALKING AID	RUBBER SOLED SHOES	SHOES WITH LOW/ NO HEAL	WALK TALL	DRINK WATER
EXERCISE	CALL FOR HELP	REGULAR EYE CHECK	DECREASED STRENGTH	EAT FRUIT

Fall prevention Bingo Card #3 of 3

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