



# Fall Prevention Bingo Instructions

## Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

## Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

## Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 47 events:

APPROPRIATE SHOES, ARTHRITIS, ASSISTIVE DEVICES, BARE FEET, BATHING, BED BRAKES, BLOOD PRESSURE, BODY MECHANICS, BRACES, CALL LIGHTS, CLUTTER HALLS, DISASTER KITS, DISASTER PROCEDURE, ELECTRICAL CORDS, EXERCISE, FALL PREVENTION, FALL RISK, FATIGUE, FEAR OF FALLING, FIRE ALARMS, FLUIDS IN REACH, GAIT BELTS, GRAB BARS, HISTORY OF FALLS, IMPAIRED COGNITION, LOW VISION, MEDICATION, MUSCLE WEAKNESS, OXYGEN SAFETY, PAIN, POOR ENDURANCE, POOR LIGHTING, POOR NUTRITION, POSTURE, REDUCE CLUTTER, RUGS, SAFE TRANSFERS, SEDENTARY, SOCKS, SUGAR LEVELS, TEAM WORK, THRESHOLDS, TOILETING, WALKER BRAKES, WET FLOOR SIGN, WET FLOORS, WHEEL CHAIR BRAKES.



# Fall Prevention Bingo Call Sheet

This is a randomized list of all 47 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



BLOOD PRESSURE	IMPAIRED COGNITION	PAIN	DISASTER PROCEDURE	POOR LIGHTING
FLUIDS IN REACH	BED BRAKES	OXYGEN SAFETY	POSTURE	ARTHRITIS
SEDENTARY	GRAB BARS	SUGAR LEVELS	BARE FEET	WHEEL CHAIR BREAKS
SAFE TRANSFERS	FEAR OF FALLING	THRESHOLDS	BRACES	WALKER BRAKES
GAIT BELTS	WET FLOOR SIGN	CALL LIGHTS	BATHING	FATIGUE
TEAM WORK	ELECTRICAL CORDS	FALL RISK	BODY MECHANICS	RUGS



# Fall Prevention Bingo Call Sheet

This continues the randomized list of all 47 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



LOW VISION	CLUTTER HALLS	HISTORY OF FALLS	EXERCISE	SOCKS
POOR NUTRITION	APPROPRIATE SHOES	FALL PREVENTION	WET FLOORS	ASSISTIVE DEVICES
POOR ENDURANCE	TOILETING	REDUCE CLUTTER	MUSCLE WEAKNESS	DISASTER KITS
FIRE ALARMS	MEDICATION			

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
POOR NUTRITION	FALL PREVENTION	BRACES	POOR LIGHTING	BODY MECHANICS
EXERCISE	FATIGUE	POSTURE	GRAB BARS	WHEEL CHAIR BREAKS
SEDENTARY	TEAM WORK	FREE	REDUCE CLUTTER	ARTHRITIS
POOR ENDURANCE	OXYGEN SAFETY	HISTORY OF FALLS	MUSCLE WEAKNESS	SOCKS
LOW VISION	BLOOD PRESSURE	FIRE ALARMS	BED BRAKES	SUGAR LEVELS

This bingo card was created randomly from a total of 47 events.

APPROPRIATE SHOES, ARTHRITIS, ASSISTIVE DEVICES, BARE FEET, BATHING, BED BRAKES, BLOOD PRESSURE, BODY MECHANICS, BRACES, CALL LIGHTS, CLUTTER HALLS, DISASTER KITS, DISASTER PROCEDURE, ELECTRICAL CORDS, EXERCISE, FALL PREVENTION, FALL RISK, FATIGUE, FEAR OF FALLING, FIRE ALARMS, FLUIDS IN REACH, GAIT BELTS, GRAB BARS, HISTORY OF FALLS, IMPAIRED COGNITION, LOW VISION, MEDICATION, MUSCLE WEAKNESS, OXYGEN SAFETY, PAIN, POOR ENDURANCE, POOR LIGHTING, POOR NUTRITION, POSTURE, REDUCE CLUTTER, RUGS, SAFE TRANSFERS, SEDENTARY, SOCKS, SUGAR LEVELS, TEAM WORK, THRESHOLDS, TOILETING, WALKER BRAKES, WET FLOOR SIGN, WET FLOORS, WHEEL CHAIR BREAKS.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
PAIN	SAFE TRANSFERS	GRAB BARS	THRESHOLDS	WALKER BRAKES
POSTURE	REDUCE CLUTTER	BRACES	WET FLOORS	BARE FEET
DISASTER KITS	CLUTTER HALLS	FREE	CALL LIGHTS	GAIT BELTS
SUGAR LEVELS	BODY MECHANICS	ARTHRITIS	SOCKS	APPROPRIATE SHOES
DISASTER PROCEDURE	SEDENTARY	ASSISTIVE DEVICES	OXYGEN SAFETY	LOW VISION

This bingo card was created randomly from a total of 47 events.

APPROPRIATE SHOES, ARTHRITIS, ASSISTIVE DEVICES, BARE FEET, BATHING, BED BRAKES, BLOOD PRESSURE, BODY MECHANICS, BRACES, CALL LIGHTS, CLUTTER HALLS, DISASTER KITS, DISASTER PROCEDURE, ELECTRICAL CORDS, EXERCISE, FALL PREVENTION, FALL RISK, FATIGUE, FEAR OF FALLING, FIRE ALARMS, FLUIDS IN REACH, GAIT BELTS, GRAB BARS, HISTORY OF FALLS, IMPAIRED COGNITION, LOW VISION, MEDICATION, MUSCLE WEAKNESS, OXYGEN SAFETY, PAIN, POOR ENDURANCE, POOR LIGHTING, POOR NUTRITION, POSTURE, REDUCE CLUTTER, RUGS, SAFE TRANSFERS, SEDENTARY, SOCKS, SUGAR LEVELS, TEAM WORK, THRESHOLDS, TOILETING, WALKER BRAKES, WET FLOOR SIGN, WET FLOORS, WHEEL CHAIR BREAKS.