



# Safe for Elders, Safe for All!

Calendars, brochures, posters, games, and exercise videos—everything your community needs to educate themselves about fall prevention. A variety of fall prevention resources available online from [www.safeforelders.com](http://www.safeforelders.com)

## HOW TO PLAY FALL PREVENTION BINGO

### Objectives:

1. To raise awareness about the different types of risk factors for falls.
2. To learn what people can do to reduce their risk of being injured from a fall.

### Setting Up:

1. You will need the following materials to play BINGO:
  - Instruction Sheet
  - Fall Prevention Facts Handout
  - Printable 8.5 x 11" bingo cards (50 different cards to choose from)
  - Printable 8.5 x 11" sheets of calling squares (you will need to cut these apart)

Download these materials from the website: <http://www.safeforelders.com>

You will also need:

- Prizes
- BINGO Stampers or Pens
- A box or bag (not see through!) to put the calling squares in

Print enough cards to give one (or more) to each player. Make sure you print different cards so that there are only one or two winners at a time, or if you want more winners, make sure you have enough prizes!

The caller should familiarize themselves with the rules of the game.

**Visit [www.safeforelders.com](http://www.safeforelders.com) for more Fall Prevention information, additional resources and Bingo game materials downloads!**

## Playing the Game:

1. Give one (or two) BINGO card to each player. Ensure they also have a pen/marker/bingo stamper to mark the cards.

2. Speak briefly about fall prevention. Explain that each of the 5 BINGO columns corresponds with a type of risk and a way to avoid the risk.

- B = Behaviour
- I = Indoors
- N = Nutrition
- G = Get Active
- O = Outdoors

3. Fall Prevention BINGO is similar to playing traditional BINGO. Players will use a stamper, or make an 'x' with their pen on each square that is read out by the caller.

MAKE SURE that if you are going to play several games and are using a distinctive shape (U, T, E, etc.), that everyone marks off EVERY square they have, not just the ones that fit into the winning shape.

4. Draw squares from the call bag/box one at a time, until the first player to show five consecutive squares marked in row (either horizontally, vertically or diagonally) calls BINGO!

5. That player will be declared the winner and a prize will be awarded.

6. Using the same card, a second game is won when someone has 3 complete lines (either horizontally, vertically or diagonally).

7. If you have more time, you can have a BLACKOUT game in which a player must completely fill their card before they call out BINGO!

8. Play as many games as time permits. Ensure you have enough prizes! The game is designed to teach people about fall prevention in an interactive and fun way.



**UNITED WE STAND  
FALL PREVENTION**  
www.safeforelders.com

B	I	N	G	O
BEHAVIOURS	INDOORS	NUTRITION	GET ACTIVE	OUTDOORS
wear hip protectors	use handrailings	get vitamin D & Calcium	no plonking	report tripping hazards
play with grandkids	keep phone nearby	eat fish	go fishing	check cane tips
have eyes checked	no polish on floors	FREE	walk daily	keep firewood handy
visit with friends	remove clutter	eat greens	do gentle stretches	put away hoses
don't mix medicine & alcohol	replace old lightbulbs	drink lots of water	go dancing	wear shoes with good soles

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**Fall Prevention Bingo is FREE to download and play! The only costs are whatever prizes you want to give out, and printing the pages.**