

## BINGO Words with Facts and Tips

**Furniture:** furniture may impede your path and make it more difficult to move around the house, possibly promoting falls.

**Throw rugs:** throw rugs can be prone to slipping, especially if they are not secured with double-sided tape or a non-slip backing.

**Cords & wires:** wires, coil, and cords should be kept close to the wall instead of extended across the room.

**Lighting:** appropriate lighting in walkways and common areas is important to preventing falls.

**Clutter on stairs:** having books, shoes and other objects on stairs can increase the risk of falls.

**Handrails:** handrails are a great support to have place throughout the house, however, they should be promptly repaired if loose.

**Shelves:** avoid reaching for things high up on the shelves - try to keep objects you use frequently on lower shelves (at about waist level).

**Step stool:** step stools, while handy, can be a difficult thing on which to balance and should only be used if necessary, and with additional supports. Never use a chair as a step stool!

**Tub and shower:** consider placing a non-slip mat or sticky strips along the floor of the tub to help prevent falls.

**Grab bars:** a useful tool similar to handrails that can be used to help one stand and sit.

**Night lights:** night lights are a wonderful source of lighting to place around the house, especially if you find yourself mobile after dark.

**Exercise:** exercise can help improve balance and coordination, which in turn can prevent falls.

**Medications:** take the opportunity to have your medications reviewed by a pharmacist or doctor as some may make you feel more dizzy or tired, which increases the risk of falls.

**Vision:** getting yearly eye exams from your doctor and wearing glasses if you need them can help prevent falls.

**Standing:** rising slowly after sitting or lying down can often help prevent dizziness, which in turn prevents falls.

**Carpet:** repair carpeting as soon as possible if loose and worn, and this could cause on to trip.

**Shoes:** avoid going barefoot or wearing slippers or flip-flops as these could lead to tripping, slipping, and falls.

**Phone:** consider using a cordless or cellular phone as it is easier to reach quickly and is more accessible in the case of a fall.

**Feeling in feet:** decreased feeling in one's legs and feet can make it harder to keep balanced and may lead to more falls.

**Water:** drink enough water to avoid dehydration, but not too much that you feel you must repeatedly hurry to the restroom.

**Door sills:** door sills higher than half an inch could easily cause one to trip and fall.

**Winter:** being bundled up tight, icy conditions and limited exercise can increase the risk of falls in colder months.

**Injury:** falls are the number one cause of injuries leading to ER trips in those 65 and older in Ohio.

**2 minutes:** an Ohio adult falls every 2 minutes on average.

**\$646 million:** the annual estimated cost of falls in Ohio.

**Preventable:** falls are not a normal part of aging, and most are preventable!!

**Diet:** eating a well-balanced diet that contains vegetable, yogurt, milk, and cereals can help promote bone health and prevent falls.

**Healthcare providers:** if you notice you are becoming increasingly dizzy, drowsy, or having difficulty walking, be sure to talk to your healthcare providers and let them know.

**Patience:** don't be in a hurry! Be sure to take your time when getting out of bed, switching between furniture, or anything else that requires movement.

## Fall Prevention Day Bingo

vision	winter	shelves	furniture	door sills
grab bars	clutter on stairs	tub & shower	injury	healthcare providers
2 minutes	medications	<b>Fall Prevention Day  Free Space</b>	646 million dollars	feeling in feet
lighting	preventable	shoes	step stool	phone
throw rugs	diet	exercise	night lights	Ohio Northern

## Fall Prevention Day Bingo

step stool	shelves	grab bars	night lights	shoes
winter	Ohio Northern	furniture	646 million dollars	healthcare providers
standing	exercise	<b>Fall Prevention Day Free Space</b>	carpet	2 minutes
throw rugs	tub & shower	handrails	patience	clutter on stairs
lighting	door sills	preventable	phone	cords & wires

## Fall Prevention Day Bingo

healthcare providers	clutter on stairs	injury	medications	lighting
winter	shoes	carpet	handrails	vision
standing	exercise	<b>Fall Prevention Day  Free Space</b>	diet	throw rugs
step stool	preventable	water	Ohio Northern	feeling in feet
night lights	shelves	646 million dollars	cords & wires	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

water	diet	lighting	injury	phone
handrails	furniture	healthcare providers	shelves	2 minutes
shoes	medications	<b>Fall Prevention Day Free Space</b>	feeling in feet	preventable
patience	standing	carpet	cords & wires	step stool
vision	646 million dollars	clutter on stairs	night lights	exercise

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

lighting	2 minutes	handrails	standing	winter
diet	furniture	night lights	clutter on stairs	shelves
healthcare providers	carpet	<b>Fall Prevention Day Free Space</b>	patience	shoes
grab bars	injury	Ohio Northern	phone	water
throw rugs	cords & wires	vision	646 million dollars	preventable

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

injury	diet	night lights	medications	646 million dollars
throw rugs	standing	2 minutes	exercise	furniture
grab bars	winter	<b>Fall Prevention Day  Free Space</b>	handrails	vision
water	door sills	cords & wires	feeling in feet	patience
carpet	Ohio Northern	step stool	preventable	shelves

## Fall Prevention Day Bingo



## Fall Prevention Day Bingo

injury	furniture	night lights	preventable	646 million dollars
cords & wires	throw rugs	handrails	feeling in feet	vision
shelves	patience	<b>Fall Prevention Day  Free Space</b>	2 minutes	shoes
exercise	winter	Ohio Northern	clutter on stairs	door sills
healthcare providers	carpet	step stool	diet	water

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

step stool	water	furniture	exercise	healthcare providers
patience	preventable	diet	vision	injury
throw rugs	2 minutes	<b>Fall Prevention Day  Free Space</b>	Ohio Northern	clutter on stairs
cords & wires	tub & shower	646 million dollars	carpet	medications
night lights	winter	standing	shoes	lighting

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

grab bars	water	diet	throw rugs	handrails
vision	medications	2 minutes	Ohio Northern	patience
night lights	preventable	<b>Fall Prevention Day Free Space</b>	clutter on stairs	lighting
step stool	shelves	646 million dollars	tub & shower	carpet
door sills	healthcare providers	phone	standing	winter

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

standing	carpet	door sills	furniture	injury
water	shoes	night lights	exercise	Ohio Northern
phone	preventable	<b>Fall Prevention Day  Free Space</b>	tub & shower	646 million dollars
shelves	feeling in feet	patience	vision	throw rugs
winter	diet	step stool	grab bars	medications

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

throw rugs	shoes	lighting	phone	cords & wires
tub & shower	patience	handrails	Ohio Northern	2 minutes
winter	night lights	<b>Fall Prevention Day Free Space</b>	646 million dollars	diet
step stool	exercise	carpet	clutter on stairs	preventable
door sills	grab bars	furniture	vision	healthcare providers

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

clutter on stairs	step stool	exercise	phone	Ohio Northern
feeling in feet	patience	cords & wires	vision	door sills
grab bars	lighting	<b>Fall Prevention Day  Free Space</b>	winter	throw rugs
shoes	healthcare providers	diet	646 million dollars	standing
night lights	preventable	water	carpet	medications

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

water	diet	medications	exercise	furniture
vision	Ohio Northern	step stool	injury	clutter on stairs
shelves	winter	<b>Fall Prevention Day Free Space</b>	patience	2 minutes
grab bars	lighting	phone	feeling in feet	door sills
tub & shower	throw rugs	preventable	night lights	cords & wires

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

clutter on stairs	patience	preventable	handrails	phone
feeling in feet	medications	646 million dollars	water	2 minutes
step stool	furniture	<b>Fall Prevention Day Free Space</b>	winter	grab bars
shelves	throw rugs	shoes	diet	tub & shower
carpet	lighting	Ohio Northern	door sills	night lights

## Fall Prevention Day Bingo



## Fall Prevention Day Bingo

clutter on stairs	646 million dollars	cords & wires	night lights	standing
patience	handrails	tub & shower	shoes	preventable
phone	door sills	<b>Fall Prevention Day  Free Space</b>	feeling in feet	water
furniture	step stool	grab bars	healthcare providers	vision
medications	throw rugs	injury	2 minutes	Ohio Northern

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

winter	carpet	exercise	shoes	night lights
phone	diet	646 million dollars	standing	cords & wires
feeling in feet	handrails	<b>Fall Prevention Day Free Space</b>	medications	shelves
furniture	patience	water	2 minutes	vision
lighting	grab bars	injury	preventable	tub & shower

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

carpet	cords & wires	furniture	2 minutes	phone
step stool	Ohio Northern	clutter on stairs	diet	feeling in feet
winter	throw rugs	<b>Fall Prevention Day Free Space</b>	door sills	standing
tub & shower	healthcare providers	grab bars	medications	water
lighting	shoes	646 million dollars	exercise	shelves

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

healthcare providers	clutter on stairs	diet	injury	shelves
phone	winter	shoes	handrails	night lights
standing	step stool	<b>Fall Prevention Day Free Space</b>	feeling in feet	grab bars
646 million dollars	exercise	vision	Ohio Northern	carpet
2 minutes	water	door sills	throw rugs	tub & shower

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

healthcare providers	door sills	medications	night lights	lighting
handrails	shelves	Ohio Northern	patience	vision
furniture	throw rugs	<b>Fall Prevention Day</b>	water	phone
646 million dollars	step stool	tub & shower	cords & wires	standing
2 minutes	carpet	clutter on stairs	diet	injury

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

Ohio Northern	clutter on stairs	diet	healthcare providers	step stool
patience	throw rugs	medications	2 minutes	furniture
lighting	carpet	<b>Fall Prevention Day Free Space</b>	exercise	handrails
water	winter	preventable	cords & wires	vision
standing	phone	shoes	night lights	injury

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

phone	healthcare providers	shoes	646 million dollars	2 minutes
step stool	night lights	shelves	clutter on stairs	grab bars
diet	injury	<b>Fall Prevention Day Free Space</b>	preventable	door sills
exercise	winter	standing	handrails	throw rugs
Ohio Northern	medications	furniture	carpet	lighting

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

Ohio Northern	grab bars	phone	furniture	water
winter	diet	shelves	step stool	tub & shower
door sills	carpet	<b>Fall Prevention Day Free Space</b>	patience	injury
clutter on stairs	handrails	lighting	cords & wires	vision
646 million dollars	feeling in feet	shoes	healthcare providers	night lights

## Fall Prevention Day Bingo



## Fall Prevention Day Bingo

shelves	step stool	2 minutes	healthcare providers	lighting
standing	diet	preventable	grab bars	handrails
Ohio Northern	vision	<b>Fall Prevention Day Free Space</b>	night lights	injury
feeling in feet	winter	shoes	exercise	clutter on stairs
patience	medications	door sills	tub & shower	cords & wires

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

furniture	healthcare providers	cords & wires	646 million dollars	diet
patience	2 minutes	carpet	water	standing
exercise	handrails	<b>Fall Prevention Day  Free Space</b>	vision	feeling in feet
phone	tub & shower	clutter on stairs	Ohio Northern	night lights
shoes	lighting	injury	door sills	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

step stool	preventable	cords & wires	grab bars	646 million dollars
vision	feeling in feet	diet	shoes	throw rugs
exercise	carpet	<b>Fall Prevention Day Free Space</b>	healthcare providers	furniture
water	shelves	lighting	phone	2 minutes
night lights	medications	door sills	injury	standing

## Fall Prevention Day Bingo

Fall Prevention Day Bingo				
door sills	step stool	clutter on stairs	feeling in feet	preventable
grab bars	cords & wires	exercise	healthcare providers	injury
winter	shoes	<b>Fall Prevention Day Free Space</b>	lighting	diet
night lights	throw rugs	Ohio Northern	shelves	furniture
medications	handrails	646 million dollars	phone	carpet
Fall Prevention Day Bingo				

*Special thanks to Ohio Northern University for sharing.*

## Fall Prevention Day Bingo

lighting	shelves	grab bars	diet	carpet
preventable	646 million dollars	2 minutes	water	medications
shoes	handrails	<b>Fall Prevention Day  Free Space</b>	clutter on stairs	throw rugs
night lights	vision	exercise	furniture	injury
Ohio Northern	standing	phone	door sills	step stool

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

tub & shower	preventable	vision	furniture	cords & wires
healthcare providers	feeling in feet	injury	throw rugs	shelves
clutter on stairs	exercise	<b>Fall Prevention Day  Free Space</b>	door sills	patience
step stool	Ohio Northern	646 million dollars	winter	night lights
diet	grab bars	water	medications	carpet

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

shelves	diet	handrails	Ohio Northern	grab bars
phone	vision	shoes	carpet	throw rugs
2 minutes	night lights	<b>Fall Prevention Day Free Space</b>	furniture	preventable
medications	step stool	exercise	feeling in feet	injury
door sills	healthcare providers	tub & shower	lighting	water

## Fall Prevention Day Bingo

Fall Prevention Day Bingo				
carpet	Ohio Northern	patience	shelves	night lights
preventable	healthcare providers	lighting	grab bars	water
diet	winter	<b>Fall Prevention Day Free Space</b>	tub & shower	shoes
clutter on stairs	step stool	throw rugs	646 million dollars	handrails
vision	phone	standing	2 minutes	exercise
Fall Prevention Day Bingo				

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## Fall Prevention Day Bingo

vision	standing	clutter on stairs	patience	furniture
winter	phone	shelves	exercise	tub & shower
preventable	diet	<b>Fall Prevention Day Free Space</b>	carpet	step stool
2 minutes	Ohio Northern	646 million dollars	shoes	door sills
injury	night lights	lighting	grab bars	throw rugs

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

winter	night lights	furniture	door sills	Ohio Northern
step stool	cords & wires	feeling in feet	injury	handrails
646 million dollars	water	<b>Fall Prevention Day Free Space</b>	lighting	grab bars
shelves	healthcare providers	standing	preventable	2 minutes
patience	vision	diet	shoes	phone

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

healthcare providers	water	646 million dollars	carpet	patience
standing	medications	preventable	night lights	vision
2 minutes	step stool	<b>Fall Prevention Day Free Space</b>	tub & shower	feeling in feet
winter	injury	diet	handrails	grab bars
exercise	door sills	Ohio Northern	shoes	furniture

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

feeling in feet	Ohio Northern	shoes	exercise	patience
furniture	cords & wires	vision	standing	646 million dollars
lighting	throw rugs	<b>Fall Prevention Day  Free Space</b>	handrails	shelves
2 minutes	door sills	clutter on stairs	diet	grab bars
injury	night lights	tub & shower	winter	water

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

standing	646 million dollars	lighting	2 minutes	healthcare providers
feeling in feet	winter	patience	night lights	cords & wires
medications	vision	<b>Fall Prevention Day Free Space</b>	tub & shower	injury
grab bars	carpet	throw rugs	Ohio Northern	door sills
preventable	exercise	water	diet	handrails

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

feeling in feet	injury	646 million dollars	shoes	2 minutes
night lights	water	exercise	preventable	healthcare providers
diet	handrails	<b>Fall Prevention Day Free Space</b>	Ohio Northern	tub & shower
lighting	throw rugs	vision	furniture	phone
winter	clutter on stairs	standing	cords & wires	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

water	preventable	handrails	diet	standing
door sills	healthcare providers	lighting	phone	throw rugs
night lights	clutter on stairs	<b>Fall Prevention Day Free Space</b>	grab bars	2 minutes
injury	furniture	shoes	patience	exercise
feeling in feet	carpet	vision	shelves	tub & shower

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

exercise	vision	door sills	grab bars	phone
standing	injury	2 minutes	handrails	646 million dollars
night lights	throw rugs	<b>Fall Prevention Day Free Space</b>	medications	cords & wires
furniture	shoes	tub & shower	water	winter
shelves	lighting	preventable	clutter on stairs	diet

## Fall Prevention Day Bingo



## Fall Prevention Day Bingo

patience	646 million dollars	handrails	furniture	throw rugs
Ohio Northern	medications	step stool	tub & shower	water
shelves	winter	<b>Fall Prevention Day Free Space</b>	night lights	preventable
2 minutes	healthcare providers	door sills	shoes	lighting
carpet	exercise	vision	cords & wires	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

furniture	medications	cords & wires	door sills	vision
lighting	shoes	shelves	646 million dollars	healthcare providers
standing	injury	<b>Fall Prevention Day Free Space</b>	night lights	diet
clutter on stairs	handrails	2 minutes	step stool	preventable
winter	tub & shower	exercise	throw rugs	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

door sills	clutter on stairs	feeling in feet	Ohio Northern	winter
handrails	healthcare providers	step stool	2 minutes	throw rugs
standing	phone	<b>Fall Prevention Day Free Space</b>	night lights	shelves
diet	vision	carpet	shoes	preventable
water	tub & shower	grab bars	cords & wires	medications

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

vision	grab bars	cords & wires	shelves	carpet
shoes	feeling in feet	water	winter	patience
throw rugs	646 million dollars	<b>Fall Prevention Day Free Space</b>	furniture	standing
tub & shower	diet	exercise	handrails	medications
lighting	door sills	injury	preventable	clutter on stairs

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

clutter on stairs	cords & wires	carpet	tub & shower	exercise
vision	furniture	water	throw rugs	step stool
standing	Ohio Northern	<b>Fall Prevention Day  Free Space</b>	injury	lighting
shelves	preventable	night lights	feeling in feet	2 minutes
door sills	winter	diet	handrails	grab bars

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

feeling in feet	door sills	exercise	carpet	lighting
water	Ohio Northern	standing	diet	shelves
shoes	646 million dollars	<b>Fall Prevention Day Free Space</b>	night lights	patience
handrails	injury	step stool	grab bars	furniture
vision	tub & shower	winter	preventable	phone

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

shelves	2 minutes	phone	tub & shower	Ohio Northern
injury	preventable	carpet	furniture	feeling in feet
winter	water	<b>Fall Prevention Day Free Space</b>	grab bars	healthcare providers
patience	standing	vision	cords & wires	medications
646 million dollars	door sills	night lights	step stool	diet

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

winter	tub & shower	feeling in feet	standing	646 million dollars
grab bars	step stool	shoes	cords & wires	water
throw rugs	phone	<b>Fall Prevention Day  Free Space</b>	carpet	shelves
night lights	preventable	vision	lighting	handrails
medications	diet	clutter on stairs	exercise	Ohio Northern

## Fall Prevention Day Bingo



## Fall Prevention Day Bingo

lighting	night lights	water	winter	furniture
door sills	clutter on stairs	healthcare providers	tub & shower	exercise
shelves	injury	<b>Fall Prevention Day Free Space</b>	throw rugs	handrails
carpet	medications	cords & wires	vision	2 minutes
Ohio Northern	feeling in feet	phone	patience	grab bars

## Fall Prevention Day Bingo

Fall Prevention Day Bingo				
feeling in feet	water	medications	diet	vision
furniture	patience	grab bars	door sills	646 million dollars
healthcare providers	preventable	<b>Fall Prevention Day</b> <b>Free Space</b>	exercise	clutter on stairs
injury	handrails	Ohio Northern	shelves	lighting
winter	step stool	tub & shower	throw rugs	phone
Fall Prevention Day Bingo				

*Special thanks to Ohio Northern University for sharing.*

## Fall Prevention Day Bingo

throw rugs	step stool	phone	winter	lighting
shoes	vision	exercise	clutter on stairs	furniture
night lights	injury	<b>Fall Prevention Day Free Space</b>	Ohio Northern	2 minutes
tub & shower	feeling in feet	shelves	preventable	standing
646 million dollars	door sills	patience	handrails	healthcare providers

## Fall Prevention Day Bingo

## Fall Prevention Day Bingo

2 minutes	cords & wires	standing	vision	preventable
handrails	step stool	Ohio Northern	phone	injury
clutter on stairs	shelves	<b>Fall Prevention Day Free Space</b>	winter	healthcare providers
exercise	646 million dollars	water	lighting	shoes
night lights	carpet	throw rugs	tub & shower	door sills