

FALL SAFELY

Sometimes falls happen even when we try to prevent them. These techniques can help to reduce the impact and prevent injury.



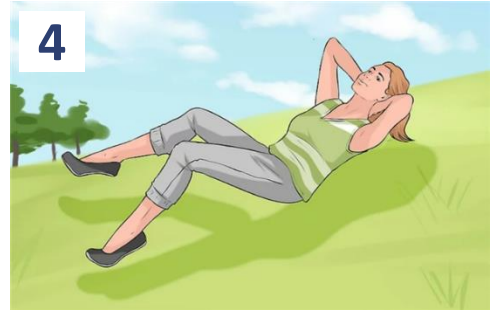
1
Protect your head



2
Turn as you fall



3
Keep arms and legs bent



4
Stay loose



5
Roll out of the impact



6
Spread out the force