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Slip/Trip/Fall Prevention Knowing how to fall can minimize injury



Taking your time and using safety procedures can usually prevent most falls. However, sometimes no matter how careful we are, accidents happen. In these situations, it is good to know how to minimize the damage and injuries that can occur

If you do lose your balance, knowing how to fall safely can help prevent a serious injury

Relax your muscles (rather than tense them up)

Bend your elbows and knees, so they can act as “shock absorbers”

Roll with the fall; don't reach out. If you reach out with your arm you just might end up with a broken wrist and or arm

If necessary, protect your head

Pull your knee and chin toward your chest (“tuck” position)



Roll in the direction of the fall

Never hesitate to drop anything you are carrying

If you have the time, look for a good place to land. Grass, snow, piles of leaves, or anything else with some “give” to it is a good target. Almost anything is better than concrete or asphalt