

Safety Tips for Falling

Did you know there was a right and a wrong way to fall? While we try our best to prevent falls, sometimes they are inevitable. Here are four strategies you can use to reduce the negative impacts of a fall!

Stay Bent

The minute you start to fall, **keep your elbows and knees bent.** Most people tend to go rigid when they start to fall but the more rigid you are, the more likely it is that you'll break bones on the way down.

Protect Your Head

If you fall forward, be sure to turn your face to the side so you land on your cheeks. If you start to fall backwards, remember to tuck your chin to your chest to avoid hitting the back of your head on the ground.

Land on the Meat

When you start to fall try to turn your body in a way that you land on your back, thighs, or bottom. The more meat you land on, the less likely it is that bones will break.

Keep Falling

Your first instinct will be to stop your body as quickly as possible but it is safer to just keep falling to spread the impact out across a larger part of your body.