

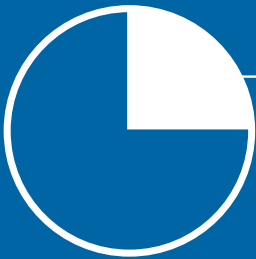
Preventing Falls Outdoors



Falls Account For:

17% of all
accidental deaths

2nd
leading cause behind
motor vehicles



27%
of total
occupational
injuries

nearly
35,000
total accidental deaths annually
at home and at work

Be Cautious Of:



Uneven
Terrain



Slippery
Conditions



Wet, Muddy
or Greasy Shoes

3-Point Contact Rule



Always have
three limbs in contact
with the area you
are climbing.

Only have
one limb in motion
at any time.

Minimize Your Fall

1 **Tuck** in your chin,
turn your head and
throw out an arm

2 **Twist** or **roll**
your body to the side

3 **Do not** try to break
your fall with your
hands or **elbows**