

## WHAT TO DO IF YOU FALL

- **Bend elbows and knees** to absorb the shock of the fall.
- **Roll with the fall.**
- **Protect your head** by tucking toward a collarbone.
- **Use your hands** and the insides of your forearms to help break the fall.
- **Yell or exhale as you fall.** You're better off in a fall if your body is loose and relaxed. Yelling or exhaling helps accomplish this goal.

