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.