

## 105003 Don't Take Falls Lightly

1. You don't need to drop from a height to fall.
2. Three forces involved in falls are friction, momentum, and gravity.
3. You can protect yourself from falls by: A. Use handrails when climbing stairs, B. Clean up your messes, C. Take shortcuts that you know about.
4. To fall properly, you must do the following: A. Relax your muscles, B. Relax your muscles and fall on a soft body part, B. Relax your muscles and duck your head.

### **What would you do?**

The folder you need to complete a project is on the top shelf of a large cabinet. You spy a chair in the room and know that the janitor keeps a step stool in the closet down the hall. What should you do to get the folder down?

Answers: 1. T, 2. T, 3. A, 4. B