

To prevent injury...

# Get a Grip!

**Grab a handle when stepping off a vehicle**

» When exiting vehicles, keep **3** of your **4** limbs in contact with the vehicle – two hands and a foot or two feet and a hand

» **Use steps and hand holds**

» Rain, ice, and sand can make steps slippery

» Remember: Your backpack can throw you off balance

» Check for uneven ground surfaces before stepping off the vehicle

Falls and jumps are the leading cause of serious non-battle injuries (such as fractures or dislocations).

Over 2400 fall and jump-related injuries have been air evacuated from Iraq and Afghanistan.