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.

http://usachppm.amedd.army.mil
1-800-222-9698

CP-090-0210

U.S. Army Public Health Command (Provisional)

DON'T DISMOUNT A VEHICLE BY JUMPING!