

## Your Elbow To The Rescue

Here's a bit of guidance to staying safe if you slip and fall back - something I was once lucky to be witty enough to do.

- If ever you slip up, and fall back, quickly swing one or both of your elbows back, so you just slightly bang and make sore them for a short while. And therefore 'Avoid Banging Your Head!' - which could cause a lot more harm, inclusive of brain injury.

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