

HOW TO SURVIVE A FALL DOWN A STREET GRATING

- 1 Bend your knees.**

The moment you feel the grating beneath you begin to give way, bend your knees. Your legs will act as shock absorbers, flexing on impact.
- 2 Hold your arms close to your body.**

Do not fling your arms out and attempt to grab anything on your way down. Your hands or wrists may catch on something and break as you descend.
- 3 Prepare for impact.**

Unless the grating is over a sewer line or subway tunnel, you will probably only fall about 10 feet. Most gratings on the sidewalk are used to allow sunlight to enter one floor below grade.
- 4 Land.**

Land in a crouch on the balls of your feet, not flat-footed, on your heels, nor on your rear end. Bend your knees further, absorbing impact with your quads (thigh muscles). Do not use your hands to break your fall.

- 5 Roll onto your shoulder.**

After impact, avoid pitching forward by immediately rolling onto your shoulder, provided there is room to do so.
- 6 Look for a ladder.**

Some gratings have ladders, especially those over subways, sewers, or utility tunnels. Find one and climb out.