|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Safe Methods

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **E** | D | **T** | **C** | H | Z | L | B | **N** | **D** | **T** | H | D | **H** | **D** | O | J | G | H | **S** | V | O | N | V |
| **S** | Q | **F** | **O** | K | **F** | L | F | **U** | **O** | **H** | Y | N | **T** | **O** | P | Q | M | X | **E** | C | **O** | H | S |
| **T** | U | **E** | **U** | **S** | **I** | M | **S** | **R** | **N** | **G** | X | **S** | **A** | **N** | Z | S | **C** | H | **E** | R | **N** | **U** | S |
| **A** | **N** | **L** | **N** | **R** | **V** | M | **C** | **T** | **T** | **I** | Q | **S** | **P** | **T** | E | D | **E** | **T** | **N** | W | **E** | **O** | J |
| **B** | **O** | **T** | **T** | **E** | **E** | B | **A** | **N** | **T** | **L** | H | **E** | **K** | **W** | U | X | **S** | **H** | **K** | G | **C** | **Y** | I |
| **L** | **I** | **H** | **O** | **N** | **C** | G | **N** | **O** | **W** | **N** | C | **N** | **L** | **A** | **L** | R | **X** | **G** | **T** | **T** | **A** | **E** | **K** |
| **I** | **T** | **G** | **N** | **R** | **H** | C | **S** | **D** | **I** | **E** | **S** | **L** | **A** | **L** | **I** | Y | **I** | **I** | **A** | **O** | **R** | **E** | **E** |
| **S** | **A** | **I** | **E** | **O** | **E** | O | **T** | **K** | **S** | **E** | **T** | **L** | **W** | **K** | **A** | G | **S** | **E** | **D** | **V** | **S** | **S** | **E** |
| **H** | **R** | **R** | **T** | **C** | **C** | S | **E** | **L** | **T** | **R** | **R** | **E** | **R** | **O** | **R** | Q | **O** | **W** | **N** | **I** | **P** | **Y** | **P** |
| **F** | **D** | **T** | **W** | **E** | **K** | M | **E** | **A** | V | **G** | **E** | **W** | **U** | **N** | **D** | F | **T** | **E** | **E** | **P** | **A** | **E** | **Y** |
| **I** | **Y** | **F** | **O** | **T** | **M** | C | **R** | **W** | S | **E** | **T** | A | **O** | **S** | **N** | V | **R** | **H** | **B** | **R** | **C** | **H** | **O** |
| **R** | **H** | **E** | **T** | **I** | **I** | V | **I** | I | G | **L** | **C** | I | **Y** | **L** | **A** | R | **U** | **T** | I | **O** | **E** | **T** | **U** |
| **M** | M | **L** | **H** | **S** | **R** | G | **N** | U | Z | **A** | **H** | D | **N** | **I** | **H** | V | **O** | **T** | U | **P** | C | **E** | **R** |
| **F** | V | **K** | **R** | **O** | **R** | J | **G** | X | W | **T** | **I** | W | **A** | **D** | **E** | F | **F** | **S** | L | **E** | N | **R** | **E** |
| **O** | O | **O** | **E** | **P** | **O** | R | Q | N | S | **S** | **N** | C | **C** | **E** | **S** | Q | M | **E** | K | **T** | Q | **U** | **Y** |
| **O** | F | **O** | **E** | **P** | **R** | A | S | V | T | E | **G** | H | **S** | **S** | **U** | D | N | **T** | Y | **S** | E | **S** | **E** |
| **T** | V | **L** | P | **O** | **G** | **E** | **T** | **T** | **H** | **E** | **B** | **I** | **G** | **P** | **I** | **C** | **T** | **U** | **R** | **E** | P | **E** | **S** |
| **I** | F | W | O | U | D | **U** | **S** | **E** | **E** | **Q** | **U** | **I** | **P** | **M** | **E** | **N** | **T** | Q | C | R | L | **K** | **M** |
| **N** | D | **T** | **E** | **E** | **F** | **N** | **O** | **I** | **T** | **I** | **S** | **O** | **P** | X | U | C | J | Y | I | K | E | **A** | **O** |
| **G** | **L** | **E** | **A** | **V** | **E** | **Y** | **O** | **U** | **R** | **S** | **E** | **L** | **F** | **A** | **N** | **O** | **U** | **T** | K | Z | F | **M** | **V** |
| W | T | **L** | **I** | **F** | **T** | **W** | **I** | **T** | **H** | **S** | **M** | **O** | **O** | **T** | **H** | **M** | **O** | **T** | **I** | **O** | **N** | Y | **I** |
| J | O | Y | D | W | D | **A** | **I** | **M** | **H** | **I** | **G** | **H** | **I** | **N** | **S** | **T** | **E** | **E** | **R** | **I** | **N** | **G** | **N** |
| D | J | P | T | P | H | Z | **G** | **E** | **T** | **C** | **L** | **O** | **S** | **E** | I | H | P | T | R | A | J | M | **G** |
| J | Q | V | J | O | U | **S** | **T** | **N** | **E** | **M** | **T** | **S** | **U** | **J** | **D** | **A** | **E** | **K** | **A** | **M** | M | K | H |

   scan steering        stale green light       five check mirror       four to six sec       count one two three       look left right left       one car space       use handrail       wellness       stretching       hydration       make sure they see you       leave yourself an out       keep your eyes moving       get the big picture       aim high in steering       make adjustments       scan your walk path       dont walk on slides       establish firm footing       walk dont run       use equipment       dont twist       step or pivot       lift with smooth motion       opposite corners       test the weight       get close       bend at knees       position feet