

Second Class Requirement 3c

Hazards and injury while hiking

Hiking Safety

There are many dangers that you will come across while hiking.

- Watch where you step to avoid slipping or twisting an ankle



Hiking Safety

- Wade through water only if there was no other way to go across
- Only wade across if the water is shallow and the current slow
- If your backpack has sternum and hip straps, loosen them in case you start to sink, you can wriggle out of your backpack

Yes



No



Hiking Safety

If you come across something that seems dangerous, avoid it. Your safety is more important than reaching your destination



Hiking Safety

- When hiking alongside a highway or road without a sidewalk, stay in single file on the left side facing the traffic
- If walking during night, make sure you are wearing light-colored clothing or reflective vests



Video 1

A photograph of a narrow, rocky path in a forest. The path is covered with large, mossy rocks and is flanked by dense green foliage and trees. Sunlight filters through the canopy, creating a dappled light effect on the path. The text "TOP TIPS FOR STAYING SAFE WHILE HIKING" is overlaid in large, white, bold, sans-serif capital letters.

**TOP TIPS FOR
STAYING SAFE
WHILE HIKING**

Video 2



Review