

PRACTICE SAFE SELFIES

ALABAMA
PUBLIC
HEALTH

Selfies play an important role in our carefully curated online presence. They make great profile pics and are the perfect content for our Instagram feeds. Many of us will go to great lengths to get that perfect selfie --- the one that can sum up an entire experience in a single frame.

HOWEVER, MANY PEOPLE HAVE TAKEN THEIR PURSUIT OF THAT PERFECT SELFIE TOO FAR, WITH TRAGIC RESULTS:

- In 2015, a woman was killed by a wild bison she was attempting to take a selfie with in Yellowstone National Park.
- In 2018, a man fell to his death from a ledge in Yosemite National Park after attempting to take a selfie while dangling from his fingertips.
- In 2021, a minor died attempting to take a selfie in front of an oncoming train in Slovenia.

DON'T LET A CAPTURED MOMENT BE YOUR LAST MOMENT. FOLLOW THESE TIPS FOR SAFE SELFIES:

- Be aware of your surroundings. Pay attention to any caution signs in the area.
- Don't take selfies while driving or operating heavy machinery.
- Don't climb over barriers like the sides of bridges or balcony railings for a better view. Those barriers are there for a reason.
- Don't cross in front of, or stand in the path of, moving cars, trains, motorcycles, boats, etc. They are faster than you.
- Don't attempt to take selfies with wild animals. They do not care how many likes you could get or followers you could gain.

