

ch #05 SAFETY

ver: 25/10/26

The green is a jungle.
This chapter will help you survive.

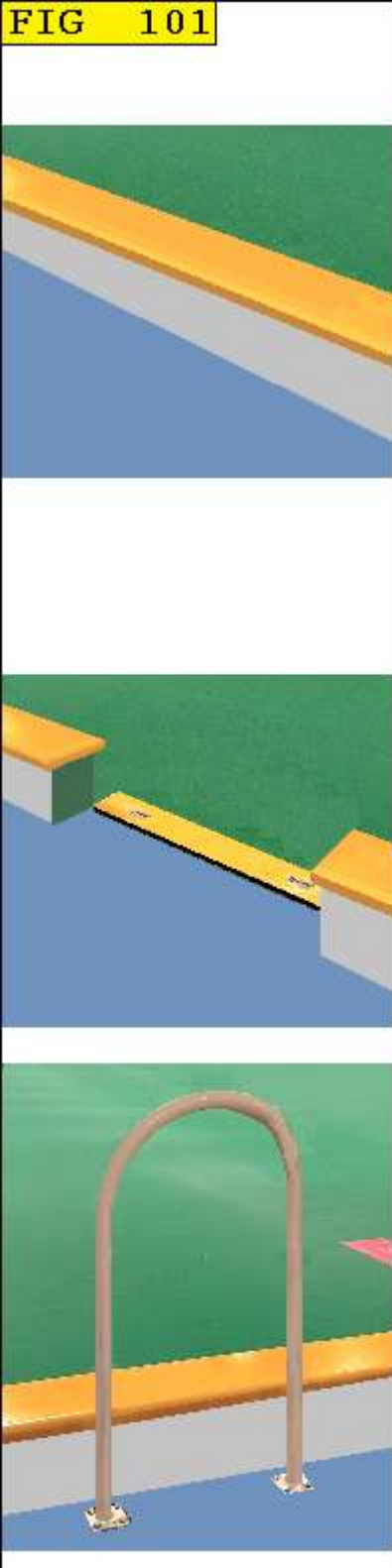
I once tripped over the edge of the mat.
The mat then folded or curled (I wasn't looking)
and I nearly fell over. No worries. No pain, just
a surprise. Several hrs later my big toe was very
painful. I couldn't bend it in either direction.
The pain spread to the next two toes and down the
side of my foot. Took weeks to recover.

My hearts blimp for you.

An experience bowler tripped on the ditch and fell
onto the edge of the bank. Fractured his ribs.

You never know what's going to happen but some
things are worth including in a Heath & Safety
document.

FIG 101



GETTING ON/OFF THE GREEN

The quickest way to get on and off the green is to step over the bank. Avoid tripping on the edge. Avoid stepping into the ditch. I don't step over the bank unaided because I'm blind in one eye. An alternative is to sit on the top of the bank and rotate on your backside.

The safest way is through a gap. Avoid tripping on the removable bridge over the ditch.

The next safest way is to step over the bank while holding a firm support. Make sure it is designed to support humans. This is my normal route.

FIG 102



Avoid holding something that is not strong enough to support you.
<-- eg this scoreboard.

ON THE GREEN



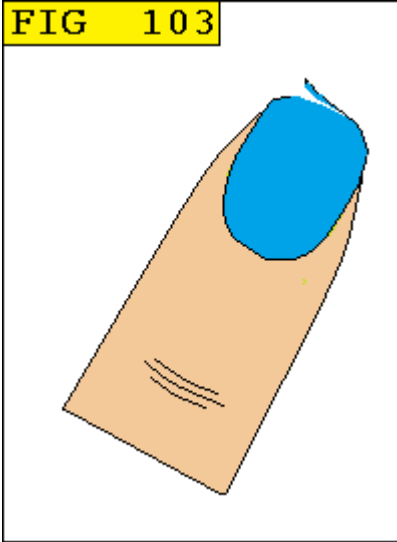
Use the sole of your foot to stop a rogue wood thrown by another bowler (or let it run).

Avoid:



- > Stepping backwards into the ditch.
- > Stepping on a wood or jack.
- > Kicking a wood if you have an ingrowing toenail.
- > Dropping a wood on your foot (avoid holding a wood above either of your feet).
- > Tripping on a mat

FIG 103



Keep the nail on your middle finger short in case you scrape it on the carpet when you throw.

Is it safe to wear false nails ?
Probably best to remove false nails.

<eof>