



## TIPS TO TAKE SELFIES SAFELY

Social media sites like Twitter, Facebook, Instagram and Pinterest overflow with new information, but one particular type of post gets up close and personal – the selfie. Selfies allow us to be stars of our own show, but problems can arise when those photos negatively become news headlines.

While self-portrait taking has been around for decades, in recent years this trend has been fuelled by the advancement of technology, specifically smartphones and portable tablets with reverse-camera functionality. The popularity of selfies has risen rapidly, but sometimes that perfect pose comes with a great risk to self and others.

### Consider:

- A German tourist died after he fell into a ravine while attempting to take a selfie at the ancient site of Machu Picchu in the Peruvian Andes.
- A Singaporean tourist died after falling into the sea while taking a selfie on a cliff in Bali, Indonesia.
- A Taiwanese exchange student was killed by an American bison while posing for a group photo at Yellowstone National Park in the United States.
- A British tourist died in India after slipping off the ledge of a temple while taking a selfie.
- A tourist stumbled over the edge of the rim at Grand Canyon National Park while trying to take a selfie.

Taking selfies is no laughing matter. Between 2011 and 2018, there have been a total of 259 selfie-related deaths.

These tragic incidents serve as a reminder to travellers to pay attention to their surroundings.

AIG Travel advocates for safety while travelling, and advises travellers to exercise caution while taking photos.

### Safety Tips When Taking Selfies

1. Take note of the surrounding area, especially if it is unfamiliar. Look out for caution signs and take heed of the given warnings.
2. Don't take selfies while you are drinking alcohol—especially if you are in potentially questionable surroundings.
3. Take pictures on steady ground, ensure footing is firm and avoid ledges, drop-offs or other potentially problematic areas.
4. If you are driving or crossing the road, put the phone away and concentrate on what you are doing.
5. Avoid taking pictures while engaging in adventurous or high-risk sports and outdoor activities.
6. Avoid taking selfies while operating heavy machinery, such as tractors, lawn mowers, etc.
7. Forgo taking pictures with or near dangerous animals.



Whether you are in your hometown or traveling, be sure you pay attention to your surroundings if you decide to take a selfie. Here are a few helpful graphics to remind you of the not-so-appropriate places to take selfies:



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