



BE SAFE, LOOK AHEAD

KEEP YOUR HELMET ON YOUR HEAD

SKATEBOARD SAFETY

Statistics

- ✓ According to the Consumer Product Safety Commission, more than 104,000 persons were treated in hospital emergency rooms in the year 2001, with skateboard related injuries.
- ✓ Several factors, including risky stunts and irregular riding surfaces like steps, ramps and railings, are often involved in these accidents.
- ✓ Most of the emergency room reported injuries were to adolescents and young adults.

Safety Tips

- ✓ Wear protective gear: helmet, wrist guards, elbow and knee pads.
- ✓ Never ride in the street.
- ✓ Before riding, screen the area for holes, bumps, rocks and any debris.
- ✓ Don't take chances:
 - Complicated tricks require careful practice and specially designed area.
 - Only one person per skateboard.
 - Never grab onto a car, bus, truck or bicycle.
 - Learning how to fall helps reduce your chances of being seriously injured:
 - If you are losing your balance, crouch down on the skateboard so that you will not have far to fall.
 - In a fall, try to land on the fleshy parts of your body.
 - If you fall, try to roll rather than absorb the force with your arms.
 - Even though it may be difficult, during a fall try to relax your body, rather than stiffen.

