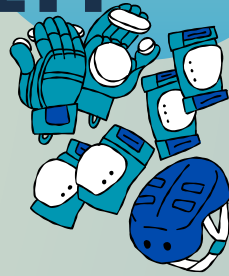


SKATEBOARD AND SCOOTER SAFETY



Although a great form of exercise, skateboarding or riding a scooter without protective gear can be dangerous. Teaching your children bicycle, in-line skating, and skateboarding safety could save lives.

Skateboards

Skateboards are very popular among children ages 5 to 14. Skateboards should never be used on surface streets. Even experienced skateboarders can fall, so learning how to fall safely can help reduce the risk of severe injuries.

The following are recommendations from the NSC regarding how to fall correctly:

- When losing your balance, crouch down on the skateboard so you have a shorter distance to fall.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall, which prevents your arms from absorbing all the force.
- Try to relax, rather than remaining stiff when falling.



Other safety precautions to take when skateboarding include the following:

- Wear protective gear, such as helmets, padding for wrists, elbows and knees, and closed-toe and slip-resistant shoes.
- Only allow one person per skateboard.
- Don't hang onto bicycles, cars, or other vehicles while skateboarding.
- Carefully practice tricks in designated skateboarding areas.
- Don't skateboard in the street.

Scooters

Health officials have seen a dramatic increase in scooter-related accidents and injuries. The most common injuries are fractures or dislocations to the arm or hand, followed by cuts, bruises, strains, and sprains. Almost half of all injuries tend to happen to the arm or hand, while about one-fourth are to the head and another fourth to the leg or foot.

The CDC recommends the same precautions for scooters as for bicycling and skateboarding. It is thought that many injuries might be prevented or reduced in severity if protective equipment is worn. Helmets can prevent 85% of head injuries, elbow pads can prevent 82% of elbow injuries, and knee pads can prevent 32% of knee injuries.

Based on evidence of injury prevention effectiveness for other related activities, the following recommendations may help to prevent scooter-related injuries:

- Wear an approved helmet that meets safety standards.
- Use knee and elbow pads.
- Ride scooters on smooth, paved surfaces without traffic. Don't ride on streets and surfaces with water, sand, gravel, or dirt.
- Don't ride scooters at night.
- Young children should not use scooters without close supervision.



For more information on skateboard and scooter safety, visit:

www.hopkinsmedicine.org/health/wellness-and-prevention/for-parents-bicycle--inline-skating--skateboarding--scooter-safety



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