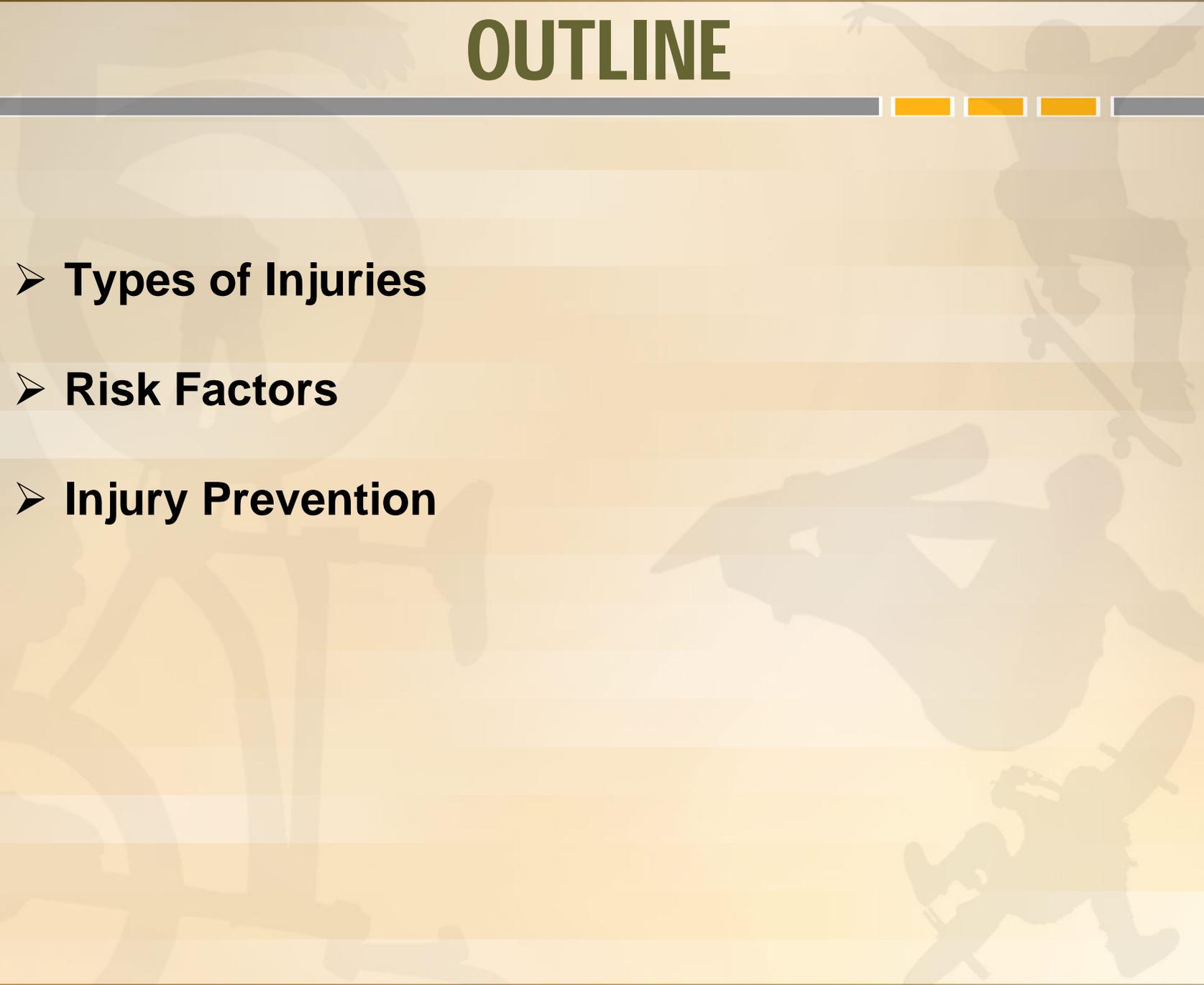


SKATEBOARDING

Progress indicator with four yellow segments and a grey segment, followed by a large empty rectangular box.

OUTLINE

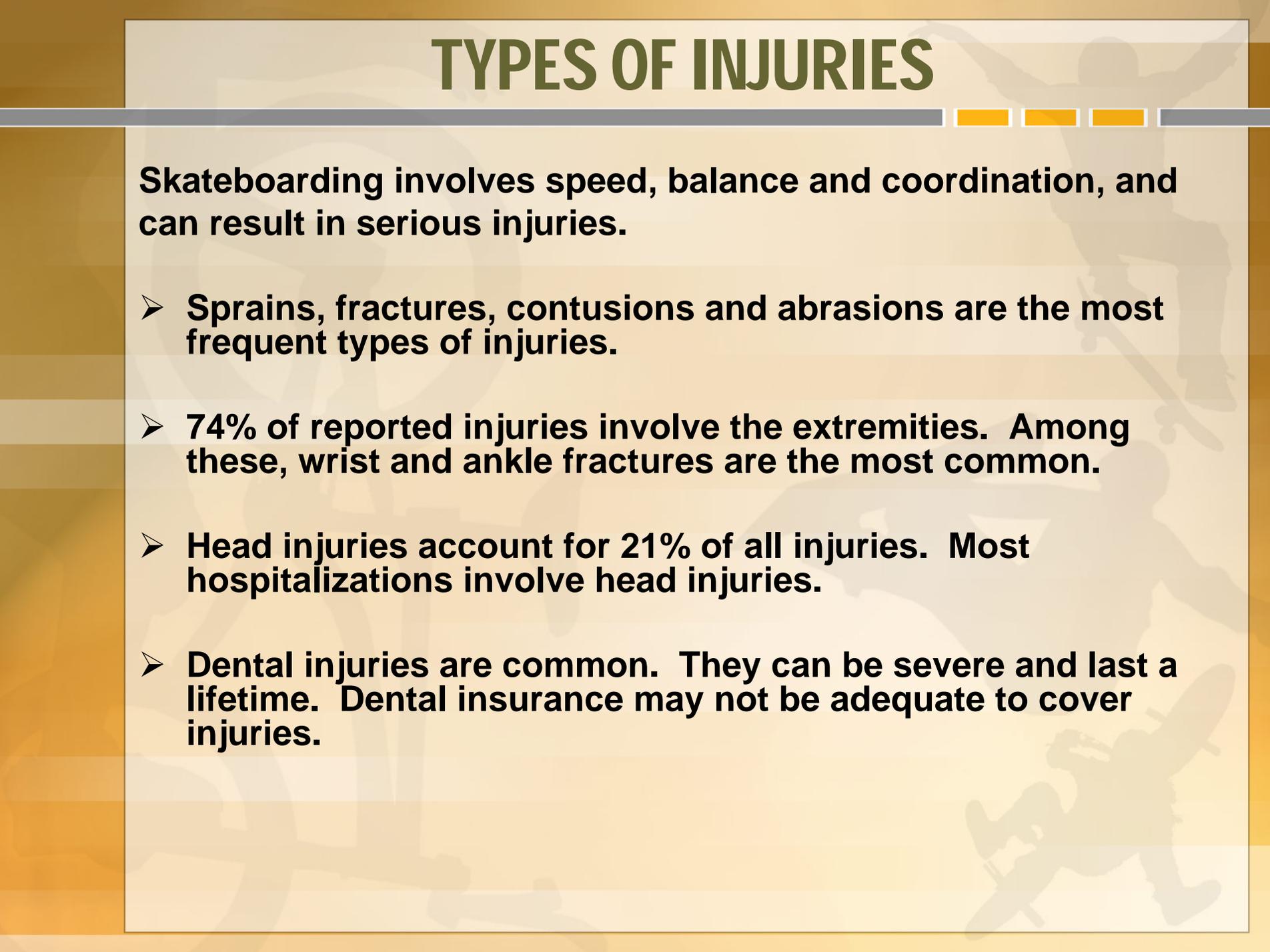


- **Types of Injuries**
 - **Risk Factors**
 - **Injury Prevention**
- 



According to the U.S. Consumer Product Safety Commission, approximately 26,000 people are treated in hospital emergency rooms each year with skateboard related injuries.

TYPES OF INJURIES



Skateboarding involves speed, balance and coordination, and can result in serious injuries.

- **Sprains, fractures, contusions and abrasions are the most frequent types of injuries.**
- **74% of reported injuries involve the extremities. Among these, wrist and ankle fractures are the most common.**
- **Head injuries account for 21% of all injuries. Most hospitalizations involve head injuries.**
- **Dental injuries are common. They can be severe and last a lifetime. Dental insurance may not be adequate to cover injuries.**

TYPES OF INJURIES....continued

Injuries To Arms, Wrists, Legs, Neck and Trunk: These injuries range from bruises, abrasions, sprains and strains, to fractures and dislocations. Wrist fractures are quite common.

Facial Injuries: These injuries include fractured noses and jawbones.

Dental Injuries: These injuries are common and include the full spectrum.

Severe Injuries: These injuries include concussions, closed head injuries and blunt head trauma.

Permanent Impairment or Even Death: This can occur from falling off the skateboard and striking your head without a helmet. Most brain injuries happen when your head hits pavement. Individuals are at highest risk if they skateboard near traffic and collide with motor vehicles, bikes, pedestrians or other obstacles.

RISK FACTORS



Age

Skateboarding is not recommended for young children. They do not have the physical skills and thinking ability a person needs to control a skateboard and ride it safely.

According to the American Academy of Pediatrics:

- **Children under age 5 years old should never ride a skateboard.**
- **Children aged 6 to 10 years old need close supervision from an adult or trustworthy adolescent whenever they ride a skateboard.**

RISK FACTORS....continued

When young children are involved in skateboarding accidents, they are often injured severely. Skateboarding is a special risk for young children because they have:

- **A higher center of gravity and underdeveloped motor coordination. This often results in falls due to loss of balance.**
- **Less skill and ability than they realize. Children overestimate their skills and abilities and are inexperienced in judging speed, traffic and other risks.**
- **60% of skateboard injuries involve children under age 15; most of those injured are boys.**

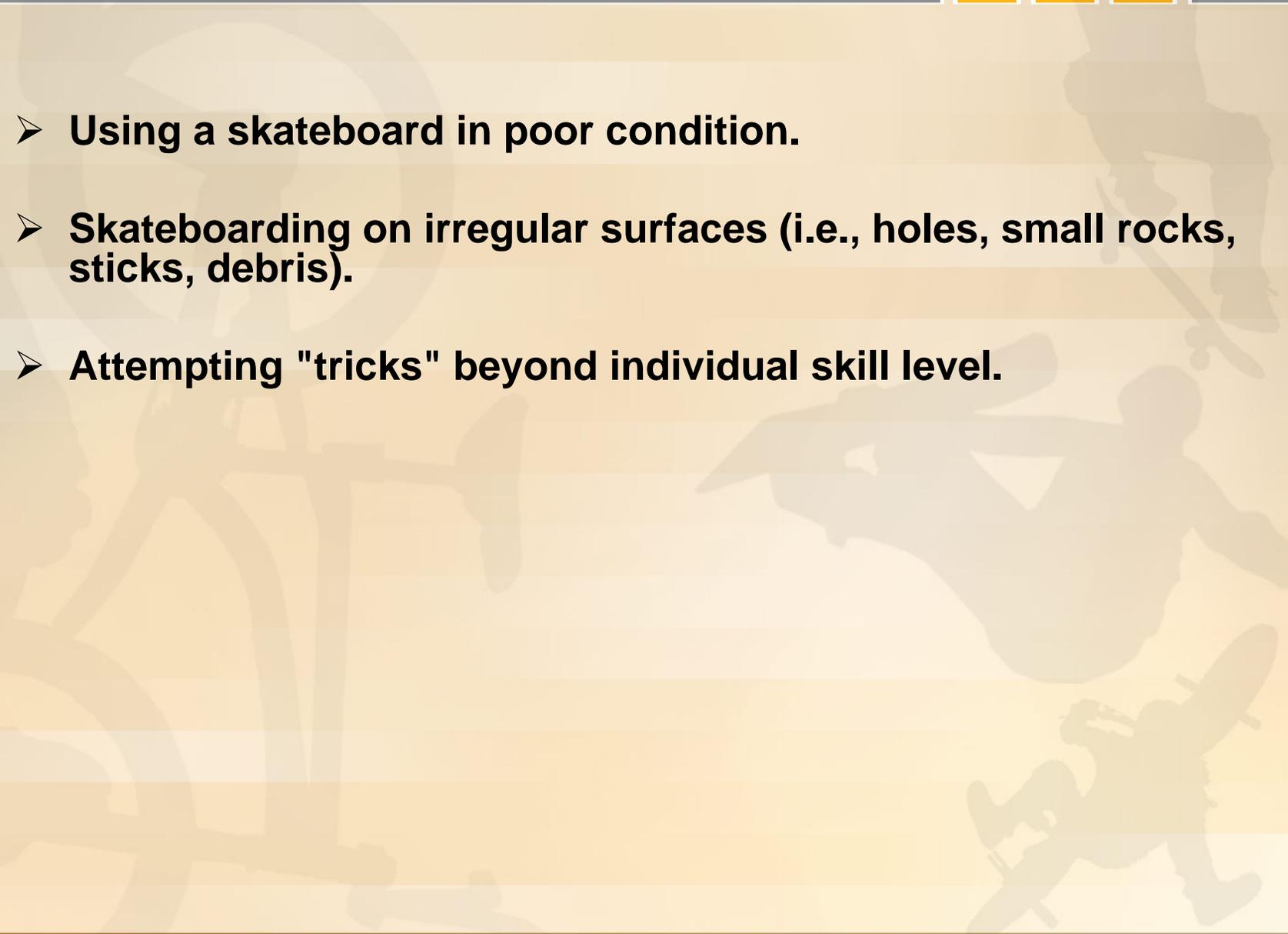
RISK FACTORS....continued

Additional Risk Factors

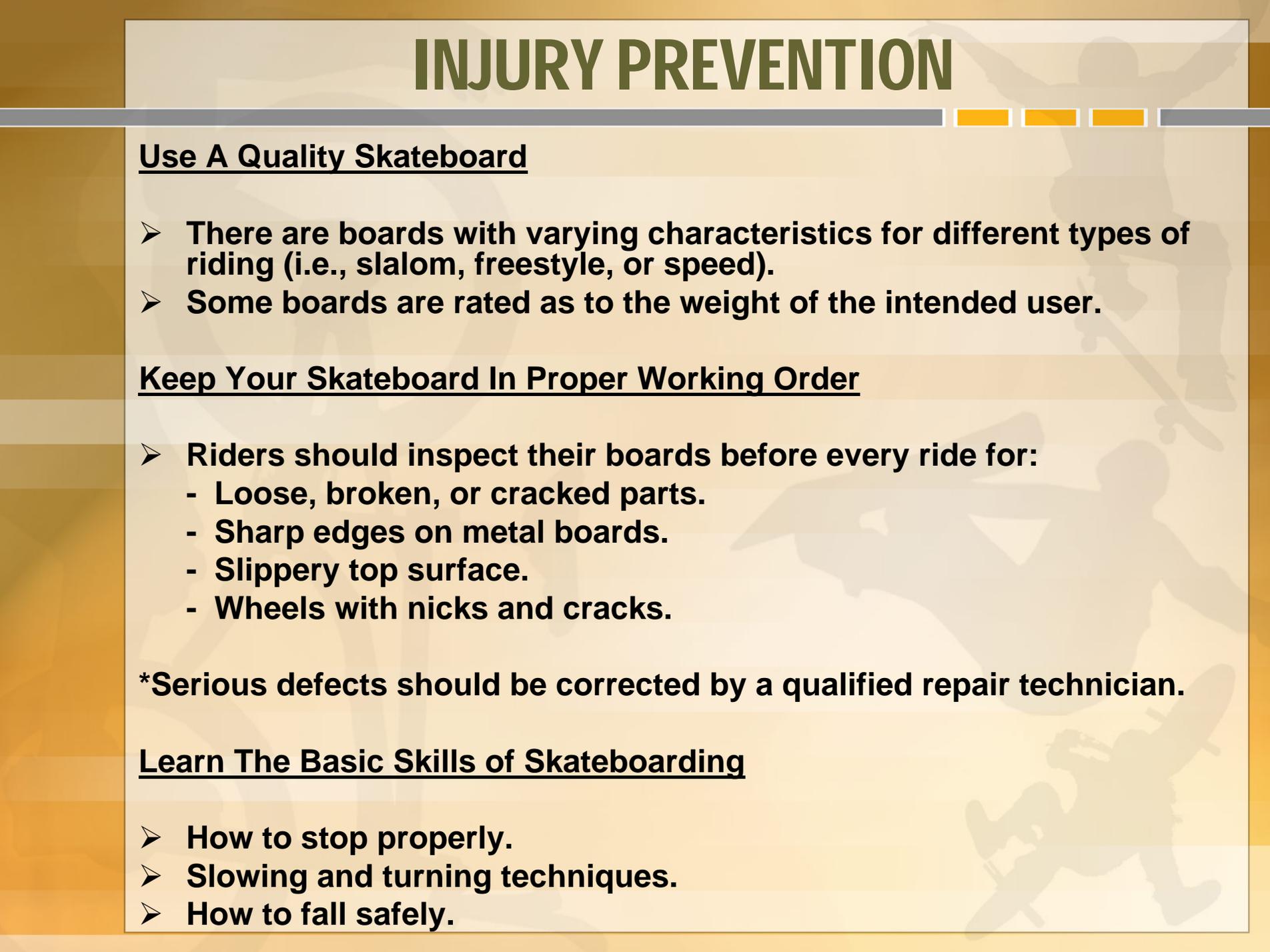
- **Inexperienced skateboarders - Those who have been skating for less than one week suffer one-third of injuries, usually caused by falls.**
- **Skateboarders who do not wear protective equipment - Every skateboarder should wear standard safety gear. This includes a helmet, wrist guards, elbow and knee pads and appropriate shoes. Skateboarders who perform tricks should use heavy duty gear.**
- **Skateboarders who go near traffic or use homemade skateboard ramps.**
- **Experienced skateboarders who attempt risky stunts.**

RISK FACTORS....continued



- **Using a skateboard in poor condition.**
 - **Skateboarding on irregular surfaces (i.e., holes, small rocks, sticks, debris).**
 - **Attempting "tricks" beyond individual skill level.**
- 

INJURY PREVENTION



Use A Quality Skateboard

- There are boards with varying characteristics for different types of riding (i.e., slalom, freestyle, or speed).
- Some boards are rated as to the weight of the intended user.

Keep Your Skateboard In Proper Working Order

- Riders should inspect their boards before every ride for:
 - Loose, broken, or cracked parts.
 - Sharp edges on metal boards.
 - Slippery top surface.
 - Wheels with nicks and cracks.

***Serious defects should be corrected by a qualified repair technician.**

Learn The Basic Skills of Skateboarding

- How to stop properly.
- Slowing and turning techniques.
- How to fall safely.

INJURY PREVENTION....continued

The use of protective equipment may not fully protect skateboarders from fractures and other injuries, but wearing it can reduce the number and severity of injuries, and is therefore strongly recommended.

Wear Proper Protective Equipment

- A properly fitting helmet – To protect your head from injury, always wear a properly fitting helmet. This is true regardless of age, level of experience or the location where you are skateboarding.
- Wrist guards – Supports the wrists and reduces the chances of breaking a bone if you fall.
- Elbow and knee pads – Reduces the severity of cuts and scrapes, and prevents gravel burns.
- Closed, slip-resistant shoes – Protects feet from cuts and scrapes, and helps the rider control the skateboard.
- Mouth guards – Helps protect against a variety of dental injuries.

INJURY PREVENTION....continued

Skateboard Only On Smooth Pavement:

- **Never use your skateboard in wet weather.**
- **Always screen the area before you skateboard. Inspect for rocks, holes, sticks and other debris.**
- **Skateboard away from traffic.**
- **Avoid skateboarding in darkness.**

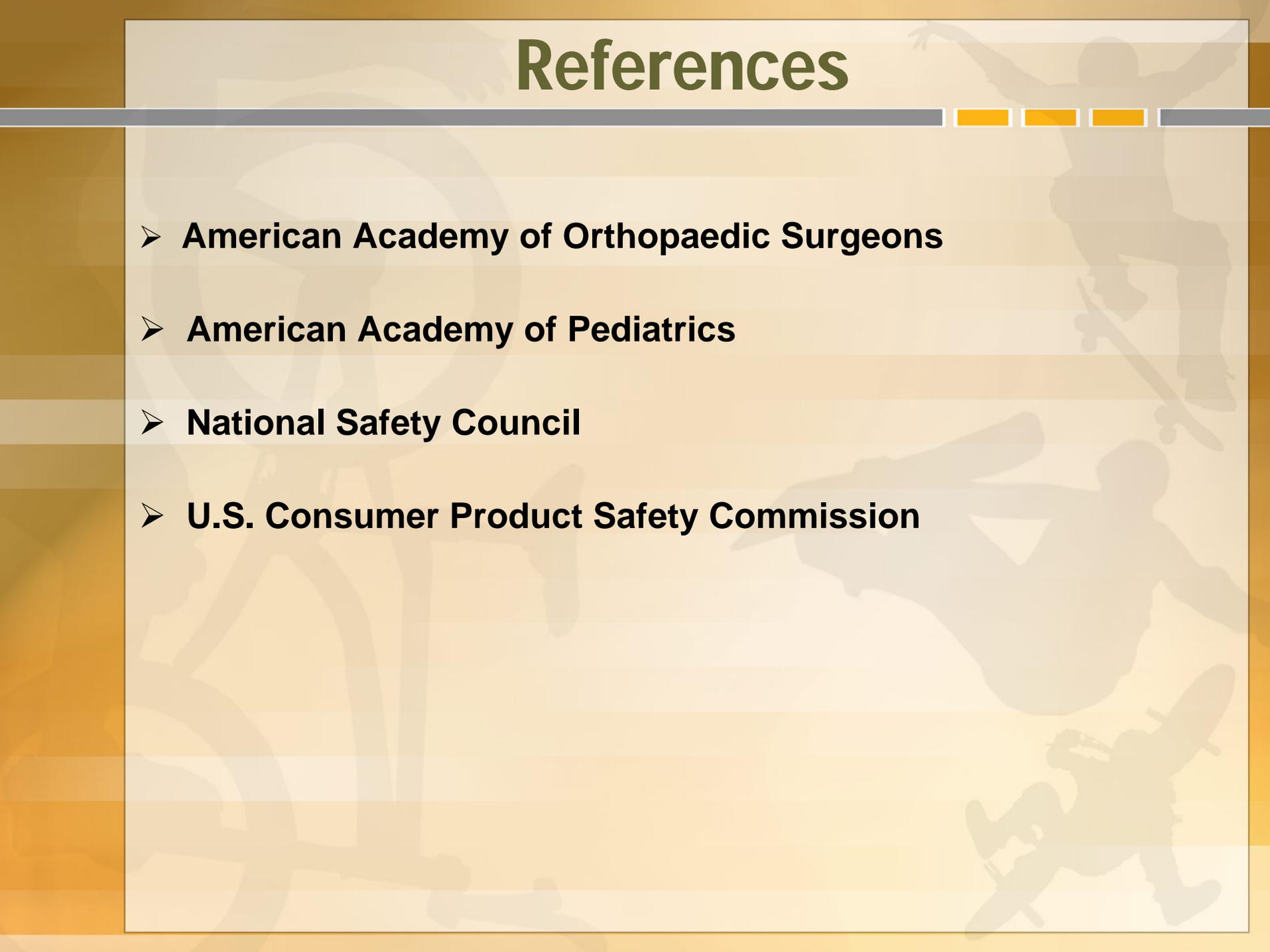
Be Careful With Tricks and Jumps:

- **Don't take chances by skateboarding faster than your experience allows, or faster than is safe for conditions or the speed of other skateboarders.**
- **Complicated tricks require careful practice, skill level and a specially designed area.**

INJURY PREVENTION....continued

- **Never grab onto a car, bus, truck or bicycle.**
- **Do not use headphones while skateboarding.**
- **Never put more than one person on a skateboard.**
- **Always empty your pockets of all hard and sharp objects.**
- **Be considerate of other skateboarders, especially those younger and/or less skilled.**
- **Learn how to fall to help reduce the chance of a serious injury:**
 - When losing your balance, crouch down on the skateboard so that you will not have so 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 up.

References



- **American Academy of Orthopaedic Surgeons**
- **American Academy of Pediatrics**
- **National Safety Council**
- **U.S. Consumer Product Safety Commission**