



BE SAFE, LOOK AHEAD

KEEP YOUR HELMET ON YOUR HEAD

SKATE SAFELY

The U.S. Consumer Product Safety Commission (CPSC) warns that in-line skating - a popular new sport - can be hazardous if skaters do not wear helmets and other safety gear or do not learn to skate and stop safely. CPSC estimates that approximately 100,000 consumers annually receive hospital emergency room treatment for injuries associated with in-line skates.

Most injuries were to wrists, arms, and legs. CPSC recommends the use of safety gear to help prevent injuries with in-line skates. A helmet, elbow pads, knee pads, wrist guards and gloves should always be worn.

In addition, skaters should observe the following safety tips:

- ✓ Get instruction. Learn to stop safely by using the brake pads at the heel of most in-line skates. With one foot somewhat in front of the other, raise the toes of the front foot and push down on the heel brake.
- ✓ Skate on smooth, paved surfaces without any traffic. Avoid skating on streets, driveways, or surfaces with water, sand, gravel, or dirt.
- ✓ Do not skate at night -- others can't see you and you can't see obstacles or other skaters.

