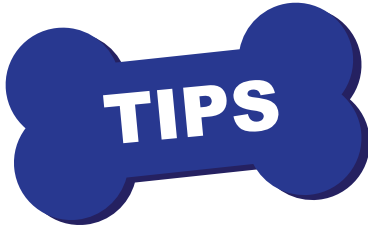




# ASK Skateboard Safety Information



Always wear a helmet, and beginners especially should wear other gear like knee and elbow pads.

Source: [KidsHealth.org](http://KidsHealth.org)

Only one person per skateboard.

Source: [U.S. Consumer Product Safety Commission](http://U.S. Consumer Product Safety Commission)

Complicated tricks require careful practice in a specially designed area. Don't attempt tricks that are too advanced for you.

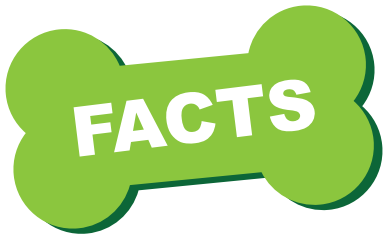
Source: [KidsHealth.org](http://KidsHealth.org)

Never grab onto a car, bus, truck or bicycle.

Source: [U.S. Consumer Product Safety Commission](http://U.S. Consumer Product Safety Commission)

Even though it may be difficult, during a fall try to relax your body, rather than stiffen.

Source: [U.S. Consumer Product Safety Commission](http://U.S. Consumer Product Safety Commission)



More than 25,000 people are treated in hospital emergency rooms for skateboard-related injuries every year.

Source: [KidsHealth.org](http://KidsHealth.org)

Skateboarding is one of the top 20 sports/recreational activities contributing to head injuries.

Source: [U.S. Consumer Product Safety Commission](http://U.S. Consumer Product Safety Commission)

More than half of skateboard injuries happen to people under the age of 15.

Source: [KidsHealth.org](http://KidsHealth.org)

One-third of injuries happen to those who have been skateboarding less than a week.

Source: [KidsHealth.org](http://KidsHealth.org)

Irregular riding surfaces account for over half the skateboarding injuries due to falls.

Source: [U.S. Consumer Product Safety Commission](http://U.S. Consumer Product Safety Commission)