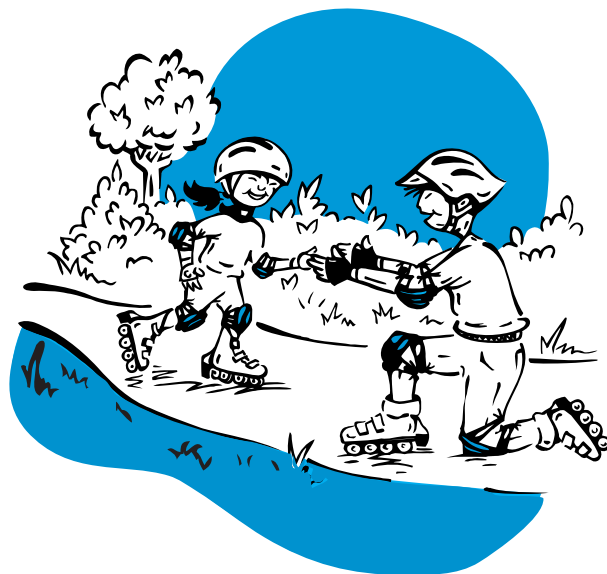


In-line skating and skateboarding

In-line skating and skateboarding are popular activities. **Be careful!** These activities can lead to serious injuries to the head, arms and legs. Be smart, wear the gear and be safe. The following safety tips will keep everyone safe.



Safety Tips

- Always supervise young children.
- Make sure all equipment is in good condition and fits properly.
- Always wear a helmet, and replace it every 2-3 years or after a major impact (bump or blow).
- Wrist guards will help to prevent wrist fractures in case of falls.
- Cuts and scrapes can be reduced by wearing elbow and knee pads.
- Teach children to choose a safe location, away from traffic, that has a smooth surface.



Teach and follow the rules:

- Learn and teach how to **control speed and stop**.
- Do not wear headphones.
- Do not skate at night or in wet conditions.
- **STAY ALERT!** Keep your eyes on the surface ahead; watch for other people, cars and hazards such as cracks, rocks, etc.
- Respect others on the path.

For more information, contact Product Safety, Health Canada, at:

Vancouver, British Columbia (604) 666-5003
 Edmonton, Alberta (780) 495-2626
 Calgary, Alberta (403) 292-4677
 Saskatoon, Saskatchewan (306) 975-4502
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