

# Skateboard Safety

According to the U.S. Consumer Product Safety Commission, approximately 26,000 persons are treated in hospital emergency rooms each year with skateboard related injuries. Sprains, fractures, contusions and abrasions are the most common types of injuries. Deaths due to collisions with cars and from falls also are reported.



Several factors, including lack of protective equipment, poor board maintenance and irregular riding surfaces like steps, ramps and railings, are often involved in these incidents. Skateboard riding requires good balance and body control, yet many young skateboarders have not developed the necessary balance and do not react quickly enough to prevent injury.

- **WHO GETS INJURED**

Six out of every 10 skateboard injuries are to children under 15 years of age. Injuries to first-time skateboarders are, for the most part, due to falls. Experienced riders mainly suffer injuries when they fall after their skateboards strike rocks and other irregularities in the riding surface or when they attempt difficult stunts.

- **ENVIRONMENTAL HAZARDS**

Before riding, skateboarders should screen the area where they will be riding, checking for holes, bumps, rocks and any debris. Areas set aside especially for skateboarding generally have smoother riding surfaces. Skateboarding in the street can result in collisions with cars causing serious injury and even death.

## THE 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. Before using their boards, riders should check them for hazards, such as loose, broken, or cracked parts; sharp edges on metal boards; slippery top surface; and wheels with nicks and cracks. Serious defects should be corrected by a qualified repair technician.

- **PROTECTIVE GEAR**

Protective gear, such as closed, slip resistant shoes, helmets, guards, wrist, elbow and knee pads, are recommended because it can reduce the number and severity of injuries. Careful selection of protective gear is important. Consumers should look for comfort, design and function. In a helmet, for example, look for proper fit and a chin strap; make sure the helmet does not block the rider's vision and hearing.

- **TIPS FOR USING A SKATEBOARD**

Never ride in the street or hitch a ride from a moving vehicle of any kind.  
Never ride with more than one person on a board, and don't take chances.



If you have questions or need additional information, visit [www.lexleeovertonlaw.com](http://www.lexleeovertonlaw.com), email [lexlee@lexleeovertonlaw.com](mailto:lexlee@lexleeovertonlaw.com) or call 225.761.7272.