



# CPSC Safety Alert

## Skate Safely – Always Wear Safety Gear

The U.S. Consumer Product Safety Commission (CPSC) warns that inline skating can be hazardous if skaters do not wear helmets and other safety gear or do not learn to skate and stop safely.

CPSC recommends the use of safety gear to help prevent injuries with inline 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 inline 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.

- **Wear a helmet, elbow pads, knee pads, wrist guards and gloves.**
- **Learn to stop safely.**
- **Skate on smooth, paved surfaces without any traffic.**
- **Avoid skating at night.**

