



MAKE SAFE HAPPENSM

SKATEBOARDS AND SCOOTERS

THE RIGHT AGE TO RIDE:

- Children under 5 shouldn't skateboard. (Sorry, little kiddos.) Balance and judgment haven't fully developed, which can lead to injuries.
- Children under 10 years should have close adult supervision when skateboarding or riding a scooter.

HAVE THE RIGHT GEAR:

- Make sure your skateboarders and scooter-riders (scooterers?) are wearing helmets, padding, mouth guards and closed-toed or slip-resistant shoes.

LEARN HOW TO FALL LIKE A PRO:

- Read these tips so you know what to do when loosing your balance on a skateboard:
 - Crouch down so there's shorter distance to fall.
 - Try to land on fleshy parts of your body.
 - Try to roll so your arms don't absorb all impact.
 - Relax rather than tensing up.

BE SAFE WHILE RIDING:

- Avoid scooting or skating at night, or scooting or skating in the street.
- If streets can't be avoided, ride scooters or skateboards on smooth, paved surfaces without traffic, and stay clear of wet, sandy, gravelly and dirty surfaces.
- Use designated paths or rinks. Always scoot/skateboard on the right side and pass on the left.
- Be aware and respectful of other skaters, walkers, runners, cyclists, and cars that use the same areas.
- Kids should avoid listening to music while riding so they can hear what's around them.
- Never put more than one person on a skateboard or scooter.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

