



## Wheel: Other Wheeled Activity Safety Tips (skateboarding, scootering etc.)

-  **Wear the right helmet for the activity.** Bike helmets can be used for in-line skating and scootering, but skateboarding helmets should be used for skateboarding and longboarding; they cover the back of the head better and can protect against more than one crash (see *Which Helmet for Which Activity* resource).
-  **Always wear the gear.** Along with a helmet, wear wrist guards to help prevent broken bones, sprains and wrist and arm fractures. Elbow and knee pads should also be worn for in-line skating.
-  **Be seen.** Make sure drivers can see you at all times. Wear brightly coloured clothing and reflective gear to help increase 360- degree visibility.

For more information, visit  
[www.myhealthunit.org](http://www.myhealthunit.org)