



Safety Commission Warns About Hazards With In-Line Roller Skates: Safety Alert

CPSC Document #5050

The U.S. Consumer Product Safety Commission (CPSC) warns that inline roller skating--a popular new sport--can be hazardous if skaters do not wear helmets and other protective equipment or do not learn to skate and stop safely. As use of in-line roller skates has increased, it appears that the number of injuries also has increased.

CPSC recommends these safety tips to help prevent injuries with inline roller skates:

- Wear a helmet, intended for use with skateboards or roller skates, along with knee pads, elbow pads, and gloves.
- Skate on smooth, paved surfaces without any traffic. Avoid skating on streets, driveways, or surfaces with water, sand, gravel, or dirt.
- Learn to stop safely using the brake pads at the heel of most inline roller skates. With one foot somewhat in front of the other, raise the toes of the front foot and push, down on the heel brake.
- Do not skate at night because of your difficulty in being seen and your difficulty seeing obstacles or other skaters.

009108