

**Be cool  
not crippled**



FOR ABERDEENSHIRE

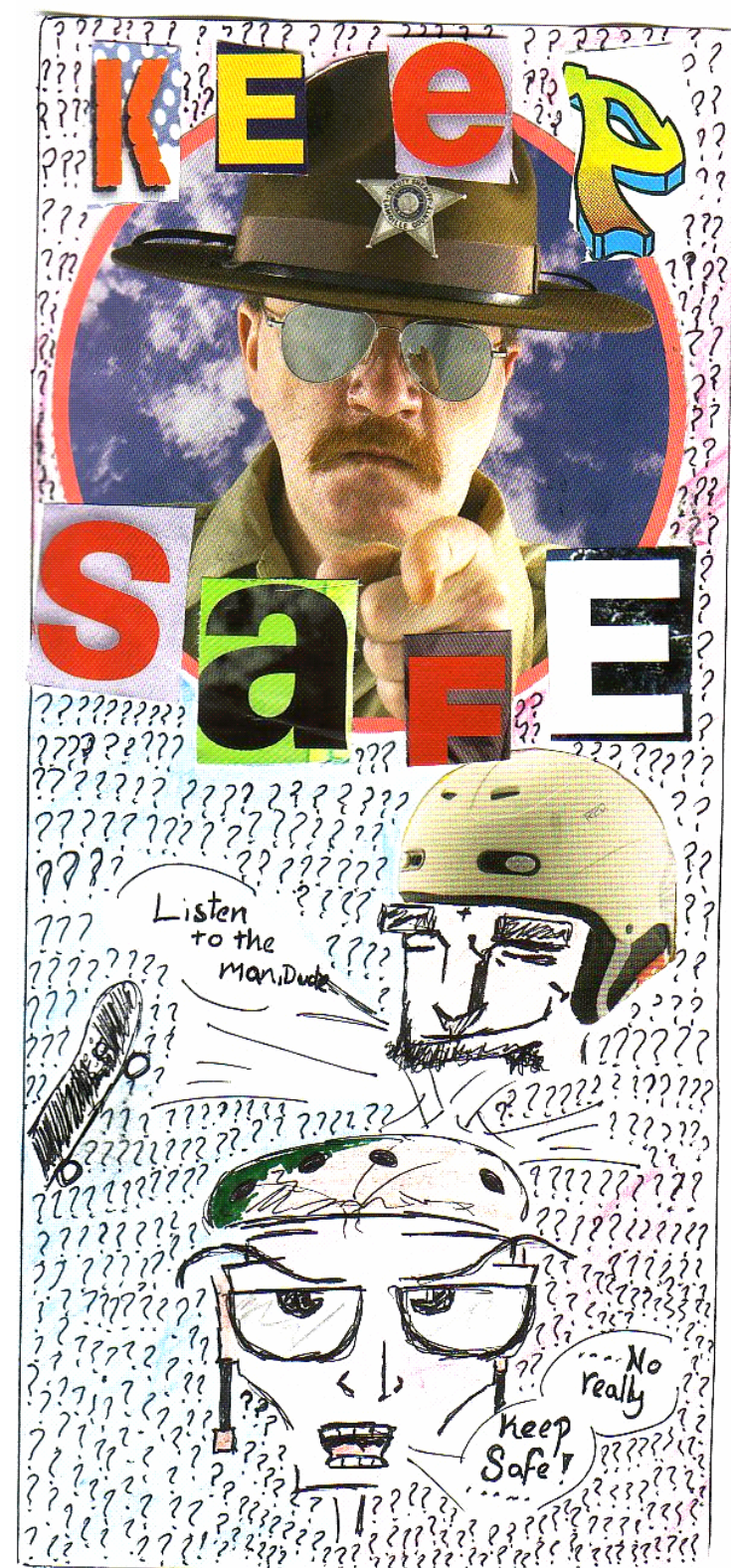
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[www.aberdeenshirecommunitysafety.org.uk](http://www.aberdeenshirecommunitysafety.org.uk)

**Stay Safe**



**Use protective  
clothing  
(knee pads, wrist  
supports &  
Helmet)**



**Be Safe**

Skateboard  
Accidents  
Are  
Increasing

*Head injuries account for a  
much higher proportion  
of injuries for  
those under 10*

*A third of all  
skateboarding injuries occur  
at weekends*

*The average age of  
skateboarders is between  
13 and 14*

*90% of skateboarders  
are male*

*Sprains, fractures and  
contusions are the most  
common forms of injury*

*Most serious injuries  
can be prevented  
if the correct  
protective gear is worn*

**Stay Safe**

**Be Safe**

Helmets keep your  
head safe  
Head injuries have a  
long term effect

**THEY CAN  
BE FATAL**

**Stay Safe**