

**Be cool
not crippled**



FOR ABERDEENSHIRE

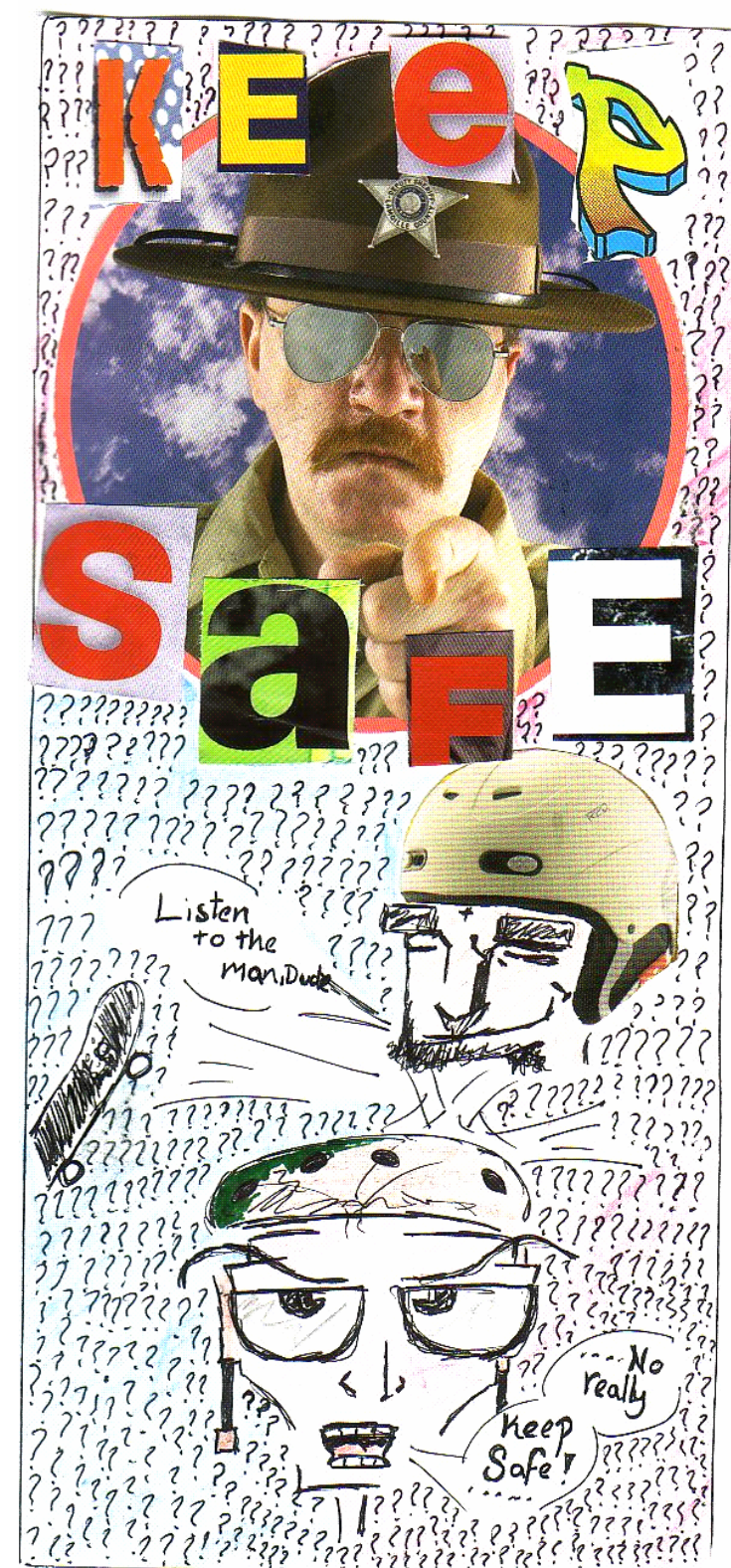
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Stay Safe



**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