

CLOVER SAFE #34



SNOWBOARDING SAFETY

Information available from the U.S. Consumer Product Safety Commission indicates more than 34,000 youth aged eight to 19 years were treated in hospitals for snowboarding injuries during 2006. The most frequent injuries were to wrists followed by arms, shoulders, and heads. Broken bones, sprains/strains, bruises, and concussions were the most common types of injuries. Many of these injuries could have been prevented by being aware of potential hazards and using safe snowboarding practices. For additional information

about snowboarding safety, go to the Clover Safe note at: <http://ucanr.org/cloversafe>.

Clover Safe Notes are prepared by the UC ANR Office of Environmental Health & Safety, in support of the Statewide 4-H Youth Development Program.

