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.

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