

Websites

- Accredited instructor search facility
www.iisa.org/ci/index.htm
- International Inline Skating Association
www.iisa.org
- Skate Australia
www.skateaustralia.org.au
- National Skateboarders Association of Australia: www.skateboard.asn.au
- Online guides to skateparks in Australia
www.sk8parx.com
www.skatelocate.com.au
- Melbourne Inline Skating:
www.freewebs.com/melbourneskating
- Roller Sports Victoria
www.rollersports.com.au
- An Australian online rollerblading publication: www.rollerblading.com.au
- Skateboard science
www.exploratorium.edu/skateboarding/

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Accident Research Centre

Data supplied by
Victorian Injury Surveillance
and Applied Research (VISAR)

Drawing by Debbie Mourtzios

For more information
and copies of the brochure contact
Monash University Accident Centre
(VISAR)
visar.enquire@general.monash.edu.au
or phone (03) 9905 1805

FACTS ON FALL INJURIES



Get your
gear on!

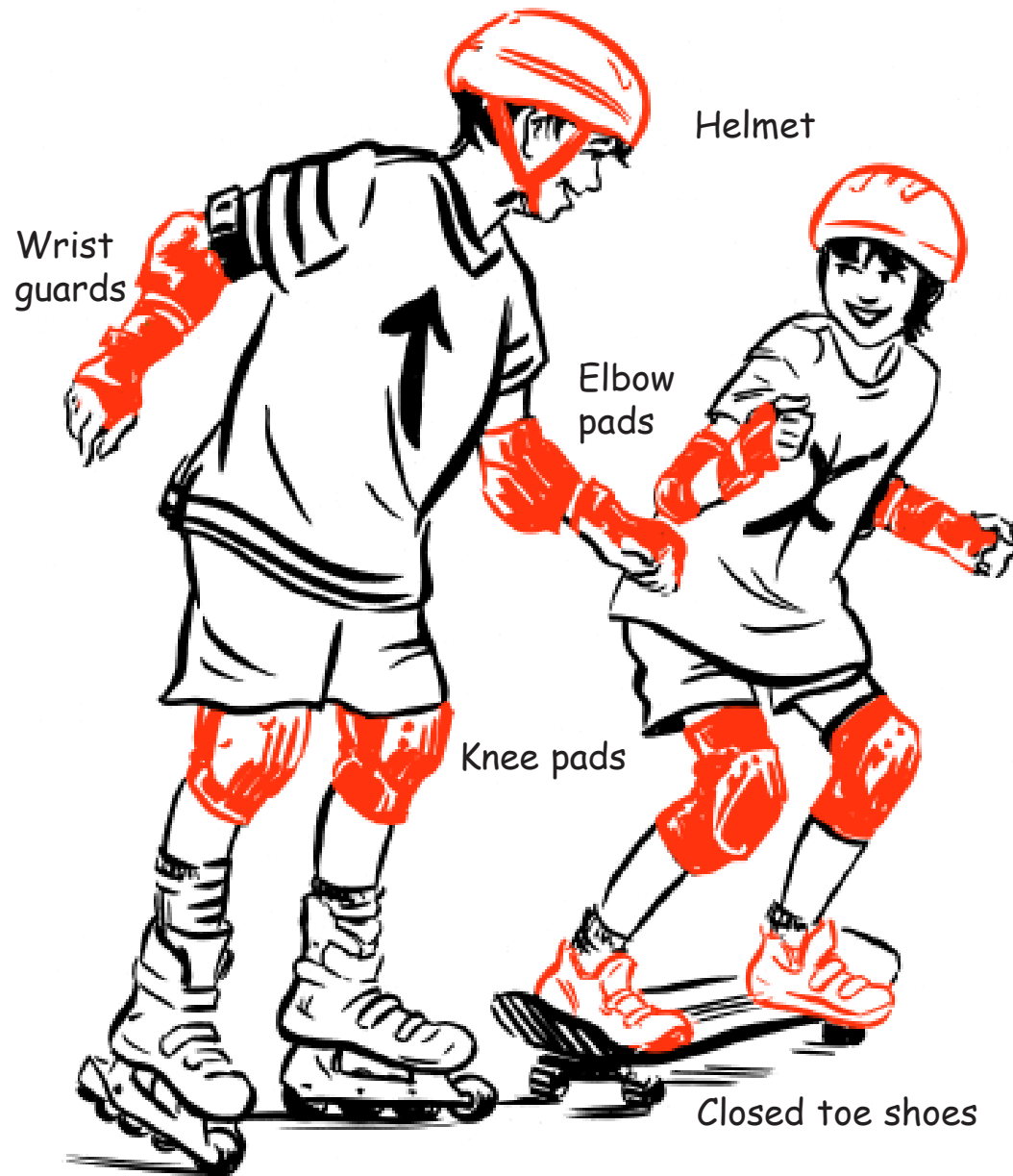
A graphic of three interlocking gears of different sizes, rendered in a light gray color, positioned behind the text 'Get your gear on!'.

Injury facts

In Victoria each year:

- 100 skaters are admitted to hospital
- 1,000 skaters are treated at emergency departments and 1,000 more treated by family doctors
- The most common serious skating injuries are forearm and wrist fractures caused by a fall on an outstretched arm
- Wristguard wearing could reduce wrist injuries by 87%
- Head injuries are uncommon but potentially fatal at the speed and heights reached by skaters doing tricks

Get your gear on!



Keep skating

Don't let injuries stop you skating:

- Wear protective gear, firmly fastened (including helmet chin strap!)
- Beginners should take lessons from a qualified instructor
- Get the right skate equipment for your size
- Keep off roads, skate safe at parks or on trails
- Take care of pedestrians and other skaters
- Keep your board or skates in good repair, tighten nuts and bolts, clean bearings, replace worn parts