



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

In Line Skating

The rolling challenge is the in-line skates that are a cross between roller skates and ice skates. They are called in-line because they have three to five donut-shaped wheels in a single row. They are sometimes called roller blades, but that's the trade name of the leading manufacturer of these skates.

Blading is a good form of aerobic exercise. An hour on skates consumes almost as many calories as an hour of running or cycling, but without the pavement-pounding that running entails.

You can go faster with in-line skates since their smooth, narrow polyurethane wheels create less friction against the ground than the regular wide wheels. They are also easier to maneuver. As with roller skates and skateboards, the injury rate is highest for people skating for the first time. Take a few lessons to learn the proper technique and how to fall safely.

To help prevent injuries:

- Wear a helmet, along with knee and elbow pads, wrist guards and gloves.
- Skate in an area free of traffic, crowds, debris and surface irregularities.
- Learn to stop safely using the brake pads at the heel of most in-line roller skates.
- Do not skate at night because of difficulty being seen and difficulty seeing obstacles.