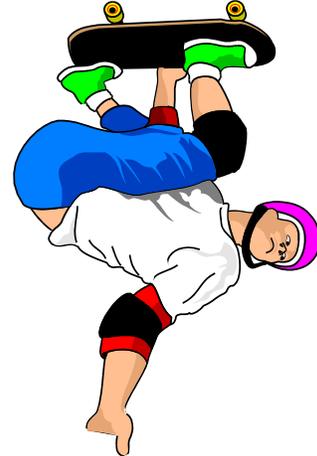


417th Base Support Battalion

## SAFETY BULLETIN

### TIPS FOR SKATERS



It is time to get some fresh air again and people want to enjoy outside activities. Here are some safety tips for **all** skaters:

1. Wear the right protective equipment at all times, this include **helmet, elbow and knee pads, gloves and wrist guards.**
2. Learn how to:
  - Brake and stop safely
  - Control your speed
  - Turn safely
3. The area you skate in should be a smooth and paved area without any traffic. Also, avoid dark hours and skating on dirty, oily, or wet surfaces.
4. Wear bright color/reflecting clothes so you can be better seen, avoid anything which restricts your hearing and obstructs your vision.

**If you follow these simple safety tips you should be able to enjoy the fun.**