

Attention Parents:

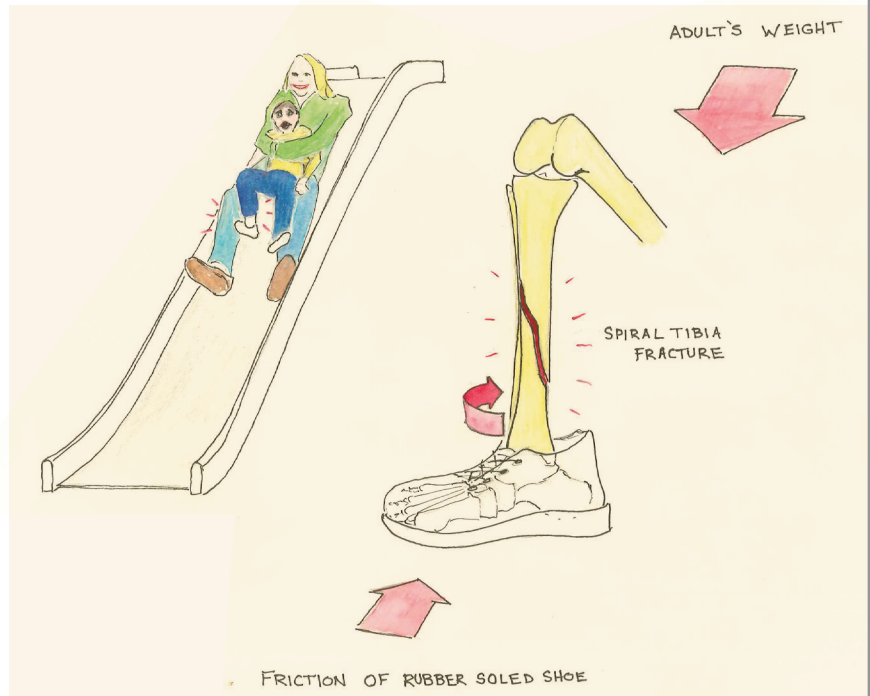
Avoid Sliding Board Injuries!

Problem:

Adults seeking to prevent a child from incurring injury on a sliding board often slide down the board with the child between their legs. Unfortunately, if a child is wearing a rubber-soled shoe, that, along with an adult's weight, can result in a broken leg for the child (see illustrations). It also means immense distress for the adult, who simply was trying to protect the child.

Solutions:

- › Remove the child's rubber-soled shoes
- › Let the child slide alone
- › If you slide together, don't let the child's feet touch the slide



Scan this QR Code
to watch the video!




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Watch Dr. Holt talk about Sliding Board Injuries on YouTube:
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