

H32 Exercise Safety

August 2007

Intro: Summer time is a great time to get out and do things that are good for your health. Biking, rollerblading and even gardening can get you moving. But don't forget to pay attention to safety while you're outside playing. More on summer safety tips from Mayo Clinic.

Video

Total running time 1:33

**Edward Laskowski, M.D.
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Audio

FOR SPORTS MEDICINE DOCTOR EDWARD LASKOWSKI, THERE'S NOTHING BETTER THAN A BIKE RIDE WITH HIS KIDS, BETH AND LAUREN. BUT BEFORE THEY HIT THE TRAILS HE MAKES SURE EVERYBODY IS SUITED UP FOR SAFETY. FIRST, THE HELMET. "THE FIT IS VERY IMPORTANT ON A HELMET. WHEN I PUT MY HELMET ON MY HEAD I WANT THIS TO BE VERY SNUG AROUND MY CHIN SO WHEN I KNOCK THE HELMET IT DOESN'T MOVE MUCH. IT'S VERY STABLE ON MY HEAD." DR. LASKOWSKI PUBLISHED A STUDY ON HELMETS IN THE

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Standup
Vivien Williams
Reporting

Edward Laskowski, M.D.

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“THERE’S AN 80% REDUCTION IN HEAD INJURIES WHEN YOU WEAR A HELMET.”

IF YOUR HELMET’S OLD OR BEEN IN A CRASH, GET A NEW ONE THAT HAS A SAFETY CERTIFICATION STICKER ON THE INSIDE. TWO MAIN CERTIFICATION COMPANIES ARE ANSI AND SNELL. AND DR. LASKOWSKI’S RESEARCH SHOWS IF PARENTS WEAR A HELMET, YOUR KIDS WILL TOO.

“BE A GOOD ROLE MODEL FOR YOUR KIDS.”

OTHER BIKE SAFETY TIPS ARE: WEAR GLOVES TO PROTECT YOUR HANDS AND TUCK YOUR SHOE LACES INTO YOUR SHOES SO THEY DON’T GET CAUGHT IN THE GEARS. NOW LET’S MOVE ON TO SAFETY ON ROLLERBLADES.

“YOU WANT TO MAKE SURE YOU

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HAVE PADDING FOR AREAS THAT ARE AT RISK WHEN YOU FALL. KNEEPADS, ELBOW PADS...” AND WRIST PADS.

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“WE HAVE STUDIES THAT SHOW PEOPLE WHO WEAR WRIST PROTECTION HAVE LESS SERIOUS INJURIES TO THE WRIST WHEN THEY FALL.”

AND IF IT’S HOT OUT, DRINK PLENTY OF WATER, ABOUT 8 OUNCES EVERY 20 MINUTES. YOU CAN ALSO WEAR CLOTHES MADE OF FIBERS SUCH AS POLYPROPYLENE THAT WICK MOISTURE AWAY FROM YOUR BODY. STAYING COOL WILL HELP YOU AVOID HEAT EXHAUSTION OR WORSE, HEAT STROKE. SO GO AHEAD, GEAR UP AND GO FOR A RIDE. BUT BE SURE YOU’RE SUITED FOR SAFETY. FOR MEDICAL EDGE, I’M VIVIEN

WILLIAMS.

Anchor tag:

Dr. Laskowski says that any time you're on something with wheels, wear a helmet. For more information on staying safe while playing outside and exercising in the summer, visit our website at...[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]