

## CLOVER SAFE #24



## WIND AND WATER SURFING SAFETY

Information available from the U.S. Consumer Product Safety Commission indicates the most common types of wind and water surfing injuries are lacerations, fractures, strains/sprains, and contusions. Surfing injuries are frequently caused by surfers being hit by surfboards or falling off their surfboard and impacting against the sand. Many of these injuries could have been prevented by being aware of potential hazards and using safe wind and water surfing practices. For additional information about

wind and water surfing safety, go to the Clover Safe note at: <http://ucanr.org/cloversafe>.

Clover Safe Notes are prepared by the UC ANR Office of Environmental Health & Safety, in support of the Statewide 4-H Youth Development Program.

