



BOXING SAFETY

Information available from the U.S. Consumer Product Safety Commission indicates a total of approximately 5,100 youth aged nine through 19 years, were treated in hospitals for boxing injuries during 2006. Most of the injuries were contusions, abrasions, and fractures to hands. Other frequent injuries included wrist sprains and lacerations to the face and eyes. Many of the injuries could have been prevented by always using the proper personal protection equipment and applying correct boxing defensive and punching skills.

For additional information about boxing safety, go to the Clover Safe note at:
<http://ucanr.org/cloversafe>.

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