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Hoverboard injuries send thousands of kids to emergency rooms

by Trisha Koriath, Staff Writer

Hoverboards have become a household name. As demand for the two-wheeled motorized balance boards has gone up, emergency room visits also have risen.

Learn more about common injuries to help young riders roll more safely.

A [study](#) in the American Academy of Pediatrics (AAP) journal *Pediatrics* found that hoverboard injuries are like skateboard injuries. Fractures, bruises and strains/sprains were the most common injuries from both riding boards. Riders hurt their wrists most often. They also injured their forearms and heads.



Hoverboards caused nearly 27,000 emergency room visits, and skateboards caused about 121,400 visits by children during the two-year study.

One difference was where kids were riding the wheeled boards when they got hurt.

Hoverboard riders usually were at home when they were injured, while skateboarders got hurt more often when riding on the street.

Riders should take these steps to avoid injuries.

Put a lid on it. Wear a helmet, and be sure to choose the right one. The AAP recommends that children wear helmets when riding wheeled devices. Look for a bicycle helmet labeled "CPSC standard 10" or a multisport helmet labeled "N-94." Helmets with "bicycle" on the label have passed federal safety tests. Helmets with N-94 on the label have passed voluntary safety tests. Read more about helmets at <http://bit.ly/CPSCHelmet>.

Protect wrists, knees and elbows. Wearing wrist guards protects riders from fractures, sprains and scrapes. Elbow and knee pads absorb the shock of a fall.

Provide supervision. Some children have been injured when they rode hoverboards near hot stoves indoors. Young kids have been hurt when an older rider tried carrying them and they fell. Kids also have had their fingers rolled over or pinched by the wheels.

Check local laws. Before your child rolls away from home, check on who can use hoverboards and where. In some cities and states, it is against the law to ride hoverboards on public streets, sidewalks and paths. Also, check laws on age limits for riders.



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Prevent fires. Some hoverboard models were recalled because the battery caught on fire when charging or in use. Do not leave hoverboards plugged in and charging overnight or when nobody is home, advises the Consumer Product Safety Commission. Find out more at <http://bit.ly/CPSCHoverboard>.

For more safety tips, visit <http://www.HealthyChildren.org>.