

# Be Smart. Be Safe. Wear Gear.

Safety gear cushions falls and protects your body from serious injury.  
Start at the top and work your way down:

## Helmets protect your head and brain.

- A helmet should fit snugly, no sliding. Wear the helmet directly on top of head.
- When buying a helmet, look for a sticker of safety approval from CPSC, ANSI, ASTM, or Snell.

## Mouthguards protect your teeth from breaks and chips.

- Have your dentist make a custom-fit mouthguard or purchase one at a sporting goods store.
- Your mouth will change. Make sure to replace mouthguards every year.

## Wrist guards, elbow pads, and knee pads help protect your limbs.

- This equipment may help you catch your fall and prevent you landing on your face or head.
- When you buy gear, try it on. Gear should fit snugly on your body.

## Gear to Wear from Head to Toe

### When to wear it?

- ✓ Rollerblading
- ✓ Biking
- ✓ Skateboarding
- ✓ Cruising on a scooter
- ✓ Playing football, soccer, baseball, softball, hockey, or basketball



### What to wear?

- ✓ Helmet
- ✓ Mouthguard
- ✓ Wristguards
- ✓ Elbow Pads
- ✓ Knee Pads

## Dental First Aid Kit

Be prepared with your very own dental first aid kit. You never know when a tooth accident may occur.  
Great for teachers, coaches, child care providers, and parents.

### Supplies:

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|--|---|
| Cotton, cotton swabs or sterile gauze.....           | Cleans injury   |
| Dental floss, interdental cleaner or toothpicks..... | Removes objects from between teeth                              |
| Dental wax or paraffin or candle.....                | Placed on a chipped tooth to stop irritation to cheeks and gums |
| Handkerchief or tie or towel.....                    | Keeps broken jaw from moving                                    |
| Instant Ice pack.....                                | Helps reduce swelling   |
| Cold milk or milk in a box.....                      | Temporary storage for a knocked-out tooth.                      |

### Use of Supplies:

- Milk that comes in a box (like juice boxes) does not need to be refrigerated until after it is opened. It can be stored in the first aid kit. Use fresh cold milk only if available upon emergency.

