Ice Skating

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you’re doing or as a refresher for something you haven’t done in a while. They’re a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

* Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.

* Have the blades professionally sharpened at the beginning of each season.

* Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.

* Always check for cracks, holes and other debris.

* Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.

* Wear warm clothing and rest when you become tired or cold.

* Never skate alone.