



5 Ways to Gear up for the Spring

To reduce the risk of dental and facial injuries this season, parents, caregivers, coaches and athletes can take these steps:

- Make mouth guards routine: Use them at practice and games – and replace worn or ill-fitting guards. Custom-fitted mouth guards provide the best protection and comfort.
- Check helmet fit and condition: A loose, outdated or damaged helmet doesn't protect as intended – whether it's for football, cycling, skateboarding or scooters.
- Protect the eyes: Use sport-appropriate protective eyewear or goggles when risk is high.
- Add facial coverage when available: Face shields/guards can reduce injury from balls, sticks, bats and contact in sports where facial impacts are common.
- Use a quick safety check: Before play or a ride, take a few moments to confirm gear is in place and properly fitted.

