

## Preventing injuries for

# BASEBALL



## TOP TIPS

- Do not drink alcohol or use drugs before or during play.
- Spectators must remain aware of the events of the game at all times.
- Balls that are softer than standard may reduce, limit, or prevent ball impact injuries.
- Wear a helmet when batting, base running, catching and umpiring.
- Wear face shields when batting in hardball to protect the face, eyes, head and neck.
- Boys and men should use equipment that protects their genitals.
- Girls and women should wear chest protectors when batting.
- Use bases that release from their anchor when slid into.
- Practice sliding both head and feet first before trying it in a game.
- Play on level and well conditioned fields to limit undulating terrain and bounces.
- Avoid playing where there are any physical obstacles such as trees, benches, etc.
- Everyone must stay clear of the batter's swing.
- Ensure that supervisors are educated in and trained in safety. Supervision is important for injury prevention.

## DID YOU KNOW?

- Baseball was invented in the United States in the 1800s.
- In Ontario, 16% of all Ontarians participate in some type of baseball activity.
- Males participate at almost twice the rate of females – males, 21.3%; females, 11.3%
- There are numerous ways that a baseball player can sustain injury including: pulling muscles and tearing ligaments.
- Generally catastrophic injuries result from being hit by a ball, a bat, or another player/inanimate object.

**For more information on this and other sport and recreation injury topics, please refer to the following text:** Tator, C.H. (Ed.) (2008). *Catastrophic Injuries in Sports and Recreation: Causes and Prevention – A Canadian Study*. Toronto, Canada: University of Toronto Press Incorporated