



# Bike, Scooter and Skating Safety Tips



### **Always Wear a Helmet**

- Helmets can reduce the risk of severe brain injuries by 88 percent; however, only 15 to 25 percent of children 14 and under usually wear a bicycle helmet.
- By law, all children under the age of 18 must wear a helmet when riding a bicycle, non-motorized scooter, skateboard or skates.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the Consumer Product Safety Commission safety standard.
- As long as it's certified, let kids pick out their helmets. If kids think a helmet looks cool, they'll be more likely to wear it when you're not around.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened and you should not be able to move the helmet in any direction.
- Don't let your child wear the bike helmet while on playground equipment — he/she could catch the strap on something and be strangled.

*(continued on back)*

### **Follow Rules of the Road**

- Always ride with hands on handlebars
- Check traffic in both directions
- Only cross at intersections
- Ride on the right-hand side of the street to travel in same direction as cars — never ride against traffic
- Use bike lanes or designated bike routes
- Don't ride too close to parked cars
- Stop at all stop signs and obey red lights
- Ride single file on the street with friends

- Helmets could prevent an estimated 75 percent of fatal head injuries and up to 45,000 head injuries to children who ride bikes each year. Many children believe that they don't need to wear helmets when they're riding near home but nearly 53 percent of vehicle-related bike deaths to children happen on minor roads and residential streets.

### **Fit the Bike to Your Child**

- Children under 1 should not ride as passengers on adult bikes.
- Children ages 1 to 4 (or less than 40 pounds) should ride belted and wear a helmet. They ride best in a carrier seat mounted on the bike or in a bike trailer.
- Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.

### **Wear Additional Protective Gear**

- Wear knee and elbow pads for scooter riding, and add wrist guards for rollerblading or skateboarding.
- Wear the right shoes — sneakers — when you bike. Sandals, flip flops, shoes with heels and cleats won't help you grip the pedals. Never go riding barefoot.

### **Be Street Smart**

- Don't let your child ride in the street or near moving vehicles, or ride at dusk or after dark.
- Dress your child in bright colors and put reflectors on the bike to stay safe.
- Do not let your child wear headphones as they could distract them from traffic and they may not hear car horns.
- Always have your child walk their bike across a busy road to be safe.

