Keep Kids Safe on Wheels

A MESSAGE FROM THE CENTER FOR CHILDHOOD SAFETY...

“Wheeling” is a leading cause of injury-related hospital stays for Washington children. The most dangerous injuries are to the head, so before heading out on a bike, skateboard, scooter, or roller/inline skates – always gear up for your specific activity. A properly fitted helmet reduces the risk of head injury by 85%.

Make it an absolute rule: no helmet = no riding

How to Fit a Helmet:

- Choose a CPSC, ASTM, or SNELL certified helmet (look inside helmet for sticker)
- Choose the correct size – not one to “grow into”
- Place helmet level on the head – 1 finger above eyebrow
- Adjust the fitting ring or pads – helmet should fit snugly
- Adjust the straps – the Y of the side straps should sit just below the earlobe, chin strap should be snug with no more than 2 fingers of space between chin and strap
- Test the fit by having the individual shake their head – if the helmet moves out of position, re-adjust and tighten straps

WHAT KIND OF HELMET DO I NEED?

<table>
<thead>
<tr>
<th>Helmet Type</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike</td>
<td>Biking, scooter, roller/in-line skating, and tricycling</td>
</tr>
<tr>
<td>Skateboard</td>
<td>Trick skateboarding, biking, roller/in-line skating, and sledding (also known as a “multi-sport”)</td>
</tr>
<tr>
<td>Ski/Snowboard</td>
<td>Skiing, snowboarding, and sledding</td>
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</tbody>
</table>

*These helmets are NOT for motorized use*

MultiCare
Mary Bridge Center for Childhood Safety
For more information, visit: www.multicare.org/childhoodsafety
253.403.1234

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Safety Tips

• Ride during daylight

• Wear appropriate clothing – bright colors that will make you visible on the road and close toed shoes

• When skateboarding / scootering / skating always wear knee pads, elbow pads, and wrist guards

• Allow only one person per bike/skateboard/scooter

• Teach your child never to wear a helmet while playing at the playground or climbing a tree – helmet straps may snag and cause choking/strangulation

• Wear a helmet yourself: be a role model for your children

• If an accident occurs, replace the old helmet with a new one “One crash - it’s trash!”

Be Street Smart – Follow the Rules of the Road

• Ride in a safe environment – for example paved paths, parks, and playgrounds

• Watch for cars backing out of driveways

• Always stop before entering the roadway - look left, right, and left again

• Ride in the same direction as traffic

• Obey all traffic signs and lights

• Walk bikes and boards through busy intersections

• Stay alert: look & listen. Do not use headphones, iPod's, or mp3 players while riding

INFANTS AND YOUNG CHILDREN

• Always supervise young children.

• Even small children must wear a helmet when riding, but their necks are not strong enough to support a helmet until they are at least 1 year old.

• Consult your pediatrician before using a bike trailer or bike-mounted child seat.

• Never ride while carrying your child in a backpack or frontpack.

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