

# 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/in-line 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



Right!



Wrong

#### WHAT KIND OF HELMET DO I NEED?

<i>Bike</i>	Biking, scootering, roller/in-line skating, and tricycling
<i>Skateboard</i>	Trick skateboarding, biking, roller/in-line skating, and sledding (also known as a “multi-sport”)
<i>Ski/Snowboard</i>	Skiing, snowboarding, and sledding

\*These helmets are NOT for motorized use \*

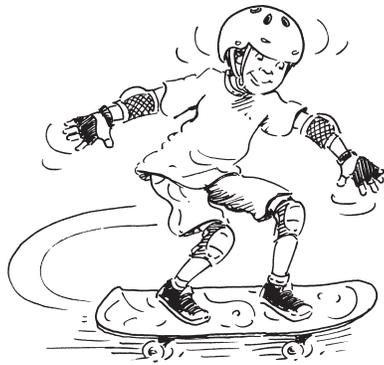
**MultiCare**   
**Mary Bridge Center for Childhood Safety**

For more information, visit: [www.multicare.org/childhoodsafety](http://www.multicare.org/childhoodsafety)  
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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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