



Safe on wheels

skateboard, scooter, bike, skates

Wear a helmet. It is the best way to reduce the chance of head injury and death from accidents. Correctly fitted helmets can cut the risk of head injury in half.

Add pads. In addition to a helmet, add elbow, wrist and knee pads for more protection. Check to make sure they fit properly as kids grow.

Check your equipment. Before riding your bicycle, inflate the tires and check that your brakes work. Before riding scooters, skates, and boards, check for cracks and loose or broken parts.

Plan your route. Ride in safe places like sidewalks, bike paths, or bike lanes whenever possible. Scooters and skateboards should be used on dry surfaces and in well-lit areas away from traffic.

Be Alert. Make sure you know how to actively watch for cars while riding wheeled vehicles. Make sure you look left, right and left again before crossing the street. Put your phone and earbuds away to stay alert.

Does your helmet fit properly?

Eyes

Put the helmet flat on your head. Look up. You should see the bottom rim of the helmet. There should only be one to two fingers width from the top of the brow to the bottom rim of the helmet.



Ears

Hold up two fingers, the straps should form a "V" under your ears when buckled. Adjust the buckles so they are right under your ears.



Chin

You should fit two fingers flat between the strap and your chin. Does the helmet hug your head? If not, tighten the straps.



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