



Safe on wheels

skateboard, scooter, bike, skates

Wear a helmet. Use your head and wear a helmet whenever you are riding wheeled vehicles of any kind. It is the most effective way to lower head injury and death from accidents. Correctly fitted bicycle helmets have been shown to cut the risk of head injury in half.

Adults need helmets too! Parents, make it a practice to wear a helmet when riding wheeled vehicles. It's easier to convince your kids to stay safe if you model safety, too.

Adjust your bicycle or wheeled vehicle to fit you properly. Always read the owner's manual to determine safe and proper fit.

Check your equipment. Before riding, inflate tires properly and check that your brakes work.

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.

Review pedestrian safety. Make sure your kids know to actively watch for cars while riding wheeled vehicles. Teach kids to cross only at intersections, to look left, right and left again, to stay on sidewalks or paths, and to put phones, earbuds and devices away to stay distraction free.

Does your helmet fit properly?

Eyes

Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



Ears

Make sure the strap forms a 'V' under your ears when buckled. The straps should be a little tight but comfortable when buckled.



Mouth

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



childrenswi.org/safetycenter
safetycenter@chw.org

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