**Wheeled Sports Safety**

**Bicycle Safety**
- Use hand signals and be predictable.
- Always wear bright colors & reflectors.
- Kids under 10 should not ride in the street.
- Make sure bike is in good condition before riding.

**Skateboard Safety**
- Only skateboard on smooth, dry, & well-lit surfaces.
- Learn how to fall safely.
- Children under 5 years should not skateboard.
- Kids 6-10 years should skateboard with an adult.

**Skate & Scooter Safety**
- Scooters are not for kids under 8 years.
- Skate to the right of sidewalks, paths, & trails.
- Wear a bike-style helmet for skating & scootering.
- Avoid steep hills & slippery or uneven surfaces.

"Remember, always wear a helmet and never use cell phones or headphones while participating in wheeled sports."

-Sam the Safety Squirrel

*Hoverboards are dangerous. The CPSC reports that currently, there are no hoverboards that meet their safety standards.*
WHEELED SPORTS SAFETY: HELMETS

"All wheeled sports need a helmet."
-Sam the Safety Squirrel

BIKE HELMET
- Thin outer shell
- Use for biking, skating, and scootering
- Should be CPSC approved
- Designed to crumple on impact

SKATEBOARD HELMET
- Use for skateboarding and longboarding
- Should be ASTM approved
- Hard outer shell
- Can absorb multiple impacts

Replace helmets a) after five years, b) after a crash, or c) if it's broken in any way.

THE EYES, EARS, MOUTH CHECK

Eyes
Helmet rim should be 1-2 finger widths above eyebrows

Ears
Helmet straps should make a "V" under the ear when buckled

Mouth
The helmet should hug against your head when you open your mouth.

4Safety
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