



# 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.**

**Flip over for Helmet Safety Tips!** ➔



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# WHEELED SPORTS SAFETY: HELMETS

"All wheeled sports need a helmet."

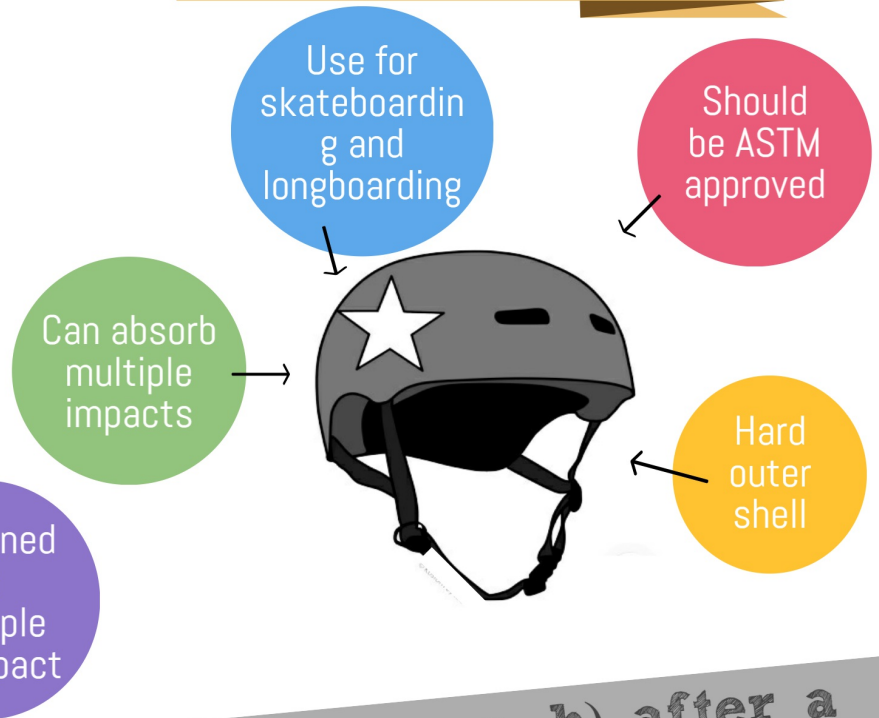
-Sam the Safety Squirrel



## BIKE HELMET



## SKATEBOARD HELMET



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.



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