



**Approximately 140 children are killed and 275,000 are injured as bicyclists each year.**

Each year, children between the ages of 0-14 years, sustain an estimated 38,155 roller skating injuries and 61,000 injuries involving skateboards.

Wear a helmet that meets the US Consumer Product Safety Commission (CPSC) standards when cycling, skating, skateboarding or riding a scooter.

**Don't negotiate. It's estimated that 75 percent of bicycle-related deaths among children could be prevented with a bicycle helmet.**



#### **HELMET FITTING:**

Teach children to wear helmets properly—centered on the top of the head and always strapped and buckled. It should be snug and not rock back and forth or side to side. Correct fit is essential. It should sit about 2 fingers above your child's eyebrows, buckle snugly under the chin and the straps should form a "V" below the ears.

- ✓ Inspect bikes to make sure they are the appropriate size, with secure reflectors, working brakes, smoothly shifting gears and tires that are secured tightly and properly inflated.
- ✓ Obey traffic signals and lights.
- ✓ Use appropriate hand signals to alert cars and pedestrians when turning left or right.
- ✓ Children under the age of 10 should ride on sidewalks, paths, driveways or other designated areas.

*Safe Kids Springfield is helping to reduce bike-related injuries to children in the Ozarks by providing funding for helmet distribution programs, offering educational programs in the elementary schools and by participating in National Bike Month and other bike safety programs.*

**For more bike safety tips, contact Safe Kids Springfield at (417) 820-6671.**

[www.safekidsspringfield.org](http://www.safekidsspringfield.org)

**Wheel Safety**





Wear your helmet every time you get on anything with wheels—bicycle, skateboard, scooter, roller skates or roller-blades.

Wear light or bright colored clothing when riding to make yourself more visible to drivers.

**Keep your toes covered by wearing appropriate shoes—no flip-flops, sandals, or riding barefoot.**

**Make sure your helmet fits your head correctly.**

**Do the "Eyes, Ears and Mouth" check:**

- 1. EYES check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).
- 2. EARS check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- 3. MOUTH check:** Now open your mouth as wide as you can! Do you feel the helmet hug your head? If not, tighten those straps!

It is important to be able to hear vehicles and others on the road, so leave your headphones at home while riding your bike.

**Never share the seat with a friend or ride on the handlebars. Stay seated while riding a bike.**

Check your tires for air before each ride and make sure your brakes work properly.

**Additional gear, like elbow and knee pads, provide additional protection when you are on your skateboard, skates, or bicycle.**

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