

WHEEL SAFETY WHEEL SAFETY WHEEL SAFETY

Safety Gear

Bikes

Helmet
Bell or horn
Reflectors
Lights (for night riding)

Skateboards

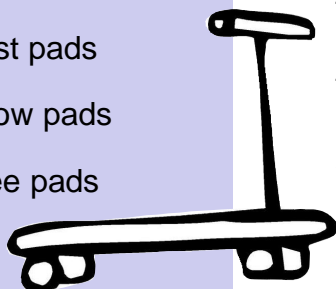
Helmet (certified for multi-purpose and multiple impact activities and covers more of the back of the head)
Wrist pads
Elbow pads
Knee pads

Scooters

Helmet
Elbow pads
Knee pads

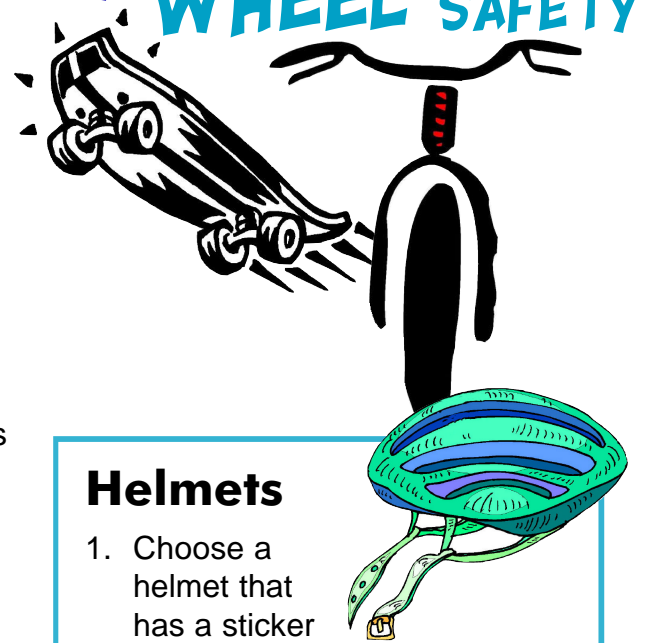
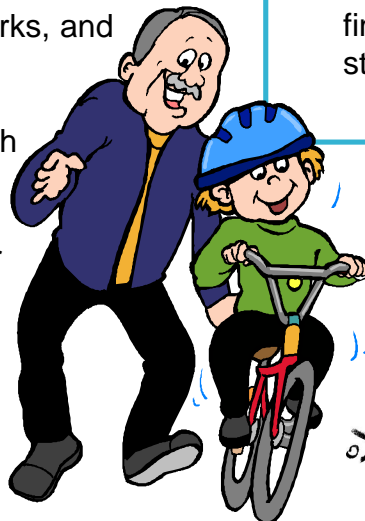
Blades

Helmet
Wrist pads
Elbow pads
Knee pads



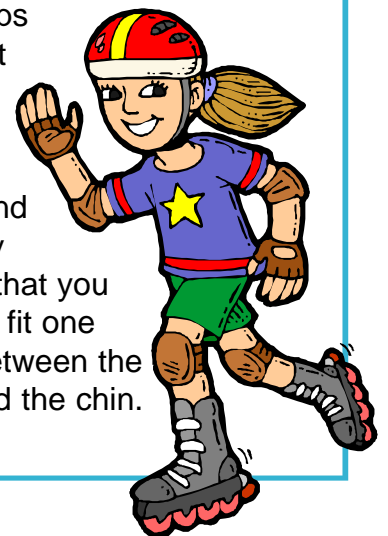
Teach Your Child to Use Wheels Safely

- “Wheels” refer to bikes, skateboards, scooters, and blades.
- Beginners should learn on level ground. Use open areas that are dry and smooth. Even gentle slopes can be dangerous because their speed can quickly get out of control.
- Always watch your children while they use “wheels”.
- Teach children to be aware of others on a sidewalk, bike trail, or in a park. Teach them to skate or ride on the right, pass on the left, and warn others before passing.
- Always have your child use the appropriate safety gear when participating in a “wheel” activity.
- It is dangerous to use skateboards, scooters, or blades in the street. Use roller rinks, parks, and playgrounds whenever possible. Teach your children to watch for cars and other traffic when crossing the street.



Helmets

1. Choose a helmet that has a sticker on the inside indicating it meets one of the following standards: CSA, ASTM, CPSC, Snell, ANSI.
2. The helmet should fit firmly on the head (it does not move around if the head is shaken).
3. The helmet should be level on the head; two fingers above the eyebrows.
4. The straps should fit around the ears in a ‘Y’ shape and fit snugly enough that you can only fit one finger between the strap and the chin.



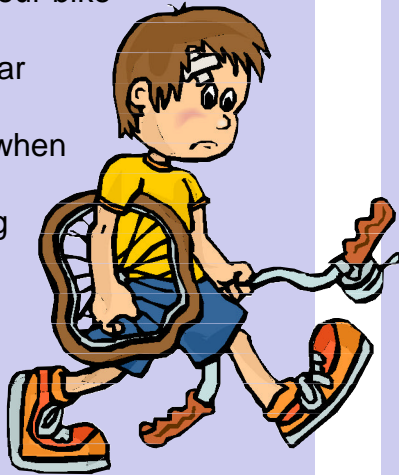
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Prevention of Handicaps

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Our Goal is Healthy Children

Rules of the Road

Bikes

- Always wear an approved bicycle helmet.
- Obey all traffic laws, signs, and lights.
- Ride on the right hand side with traffic. Never ride on the wrong side of the road against traffic.
- At busy intersections, do not try to make left turns. Stop and walk your bike across in the pedestrian crosswalks until you are on the street you wish to travel.
- Use shoulder checks and hand signals to let others know what you plan to do.
- Ride one metre from parked cars. Watch for car doors opening.
- Yield to all walkers and joggers. Have a bell on your bike to alert them that you are there.
- Never carry a passenger on your bike.
- Wear bright coloured clothing and use reflective tape if you ride at night. If you are riding after dark, your bike must have a working headlight and a red rear blinking light.
- Stop, look, and listen when you enter any street.
- Watch for cars backing out of driveways and cars turning in front of you.
- Keep your bike in good mechanical condition.



Blades, Scooters, and Skateboards

- Always wear an approved helmet and appropriate safety gear.
- Never ride in the street. Use playgrounds and paths.
- Yield to all walkers and joggers. Pass them on the left and give them a warning to let them know that you are there.
- Practice stopping and controlling your speed.

Before You Ride, Make Sure:

Bikes

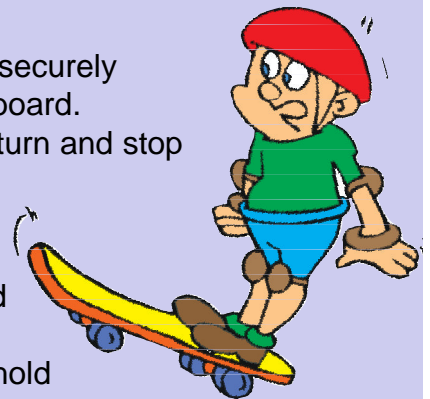
- The nuts and bolts are tight.
- The gears and brakes work properly.
- The wheels and tires are in good shape and the tires are properly inflated.
- The chain has the right tension and is properly lubricated.
- The seat is at the right height (you can touch the ground while sitting on the seat).
- The bike has reflectors that are on the front and back of the bike and on the wheels.

Blades

- The wheels are tightly fastened.
- The wheels are not too worn on one side.
- The bearings are clean and properly lubricated.
- The brake of the skate is securely attached.
- The brake has not been excessively worn down.
- The frame is securely attached to the boot.
- The skates' closure system (laces, buckles, or a combination) works properly.
- The liner does not need to be replaced.

Skateboards

- The wheels are securely attached to the board.
- You are able to turn and stop smoothly on the board.
- The skateboard deck is solid and free of cracks.
- The trucks that hold the wheels on are securely tightened.
- The ball-bearings are free of rust.



Scooters

- The wheels are securely attached.
- The handlebars are the right height (can be held on to without leaning forward).

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THIS RESOURCE MAY BE PHOTOCOPIED.

Sources:

This resource was adapted from information provided on the websites of Safe Kids Canada, National Safety Council, and Safe Ride News.