

# Bike and Wheeled Safety



Be sure to check your city's laws on bike safety and helmet laws. It may be against the law for your child or you to ride without a helmet. Be a good role model as a parent. Make sure to always put your helmet on each time you get on your bike and head out for a ride.

## Rules of the Road

Parents should teach children the following rules of the road:

- Stop at every stop sign. Look left, right, and left again before proceeding.
- Stop at the end of the driveway. Look left, right, and left before entering the street.
- Use proper hand signals.
- Obey traffic signs and signals.
- Ride bikes, scooters, and other wheeled toys on smooth, paved surfaces without traffic.
- Avoid streets and surfaces with water, sand, gravel or dirt.
- Do not ride at night.

## Bike Safety

When buying a bicycle for your child, it is important that you purchase one that currently fits them, instead of one they'll grow into. A bike that fits is a safe choice; same goes for the helmet.

- Children should be able to place their feet on the ground when sitting on the bike with their hands on the handlebars.

## Scooter Safety

In November 2000, the U.S. Consumer Product Safety Commission (CPSC) issued an updated safety standard recommending that all children who ride scooters wear proper safety gear.

- Wearing proper safety gear, including a helmet and knee and elbow pads, will help prevent injuries.
- Wrist guards are no longer advised as part of kids' scooter safety gear. Wrist guards can make it hard for a child to grip the handle and steer the scooter.
- A person should wear a helmet to help protect the head when doing these activities:
  - Riding a bicycle, skateboard or scooter
  - Rollerblading or skating

Most injuries from scooter-related accidents have resulted when a rider falls off of a scooter. According to the CPSC, fractures and dislocations of the arms and hands account for 29 percent of most scooter injuries.

## Contact Us

For more information, please contact the Children's Hospital Medical Center of Cincinnati Trauma Services Department (trauma@cchmc.org), 513-636-7865.