

## Does your helmet fit properly?

### Take the Helmet Fit Test

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1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

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## Now you're ready to roll!

## ¿Le queda su casco ajustado adecuadamente?

Haga la Prueba de Ajuste del Casco

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1



**Ojos:** Coloque el casco en su cabeza y observe. Usted debe poder ver la parte baja de la armadura del casco.

2



**Orejas:** Asegúrese que las correas una vez abrochadas formen una “V” por debajo de sus orejas. Las correas deben estar cómodamente apretadas.

3



**Boca:** Abra su boca tanto como pueda. ¿Siente la presión del casco? Si no es así, apriete las correas.

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## ¡Ahora si puede rodar!

# Rules of the Ride

Learn the hand signals that should be used to alert drivers and fellow wheeled sport riders of your actions:



## Left Turn

*Extend your left arm out straight from your side.*



## Right Turn

*Extend your left arm out from your side, bent at a 90-degree angle at the elbow, hand pointing upward and the palm of your hand facing forward.*

*Another option is to put your right arm straight out from your side.*

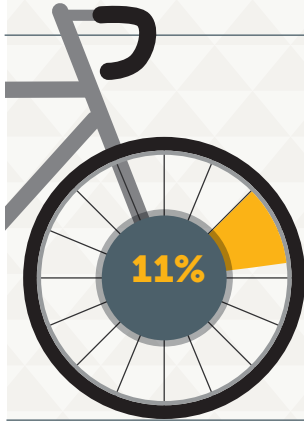


## Stopping or slowing

*Extend your left arm out from your side, bent at a 90-degree angle at the elbow, hand pointing downward and the palm of your hand facing backward.*

# Kids and Wheeled Sports Safety

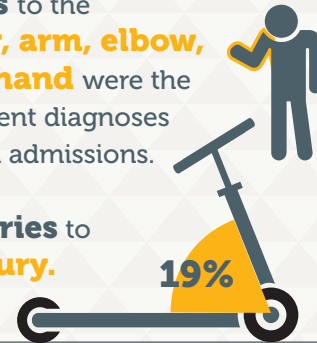
Every hour, nearly 50 children visit emergency departments with an injury related to **bikes, scooters, skates or skateboards.**



**Serious head injuries (concussions, internal injuries and fractures)** made up 11% of ED visits across the four wheeled sports.

**Fractures to the shoulder, arm, elbow, wrist or hand** were the most frequent diagnoses for hospital admissions.

19% of hospital admissions for **scooter injuries** to children in 2015 were because of a **head injury.**



**Almost 40% of parents** of children ages 5-14 years indicated that their **child did not always wear a helmet** when participating in one of the four wheeled sports.



Among parents who say they **always wear a helmet** when riding a bike, 86% say their child also does. However, among parents who say they **never wear a helmet**, only 38% say their child always does.

**Always**

**86%**



**Never**

**38%**



**Reasons why** parents report their **children do not always wear a helmet:**

**47%** Parents think area is safe/View child as experienced/Don't see helmets as necessary.



**Why no helmet?**

**27%** Child finds helmet uncomfortable.

**24%** Other kids don't wear one.

**22%** Child thinks helmets aren't cool.



## Top Tips to Keep Kids Safe on Wheels

- All riders should wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ensuring correct fit of a helmet can increase comfort and use.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders. Wrist guards are also recommended for skaters and skateboarders.

**SAFE  
KIDS**  
WORLDWIDE™