



A well-fitted helmet can prevent a lot of injuries.

The Importance of Safety

Did you know that most of your favorite outdoor activities have special safety rules? That's because over 300,000 children end up in the emergency room every year from accidents that happened while on wheels, like on bikes or rollerblades. Many kids also have trampoline or sports injuries each year. It is important to follow all the safety **guidelines**³ to prevent such injuries.

Safety During Wheeled Activities

During all wheeled activities, there is a lot to do to keep safe. Only ride on dry, clean, and smooth surfaces. Be sure to ride in well-lit areas, away from traffic. Only use bikes, scooters, or rollerblades that are your size.

Always wear a helmet that fits well, and **adjust**⁴ it when necessary. Helmets can prevent 45 percent of head injuries that happen from falls.

Always check your skateboard or scooter for cracks or broken parts before you use it. If there are any issues, then don't use it. Make sure that you know how to use the sports equipment before starting to play. Don't try tricks that you are unsure about while on wheels.

When skateboarding, make sure that you use a skateboarding helmet. Also, wear protective pads on your knees, elbows, and wrists. If you feel like you are losing your balance, bending your knees can prevent a fall or at least make the fall lighter.

Did you know that the U.S. Consumer Product Safety Commission does not recommend riding hoverboards? They say that they are just not safe enough.

Biking is a lot of fun and great exercise. However, it also comes with its own set of safety rules.



This child forgot to put on his protective gear, but he might regret that later.

3 Guidelines – rules and strategies

4 Adjust – fix and correct