

Helmets and Safety Gear

Make sure children wear an Australian Standard approved helmet every time they ride. By law everyone who rides a bike or sits in a bike seat or trailer is required to wear an approved helmet.

Helmets need to fit snugly, should not move forward or backward on your child's head and the straps need to be firmly tightened. Remember that a helmet that is too large or small will not protect your child.

Helmets should be replaced every 3 years, or sooner if subjected to any impact.

Kidsafe recommends that children wear safety gear such as elbowpads, kneepads and wrist guards, especially when using micro-scooters, skateboards and rollerblades.

Riding Safely

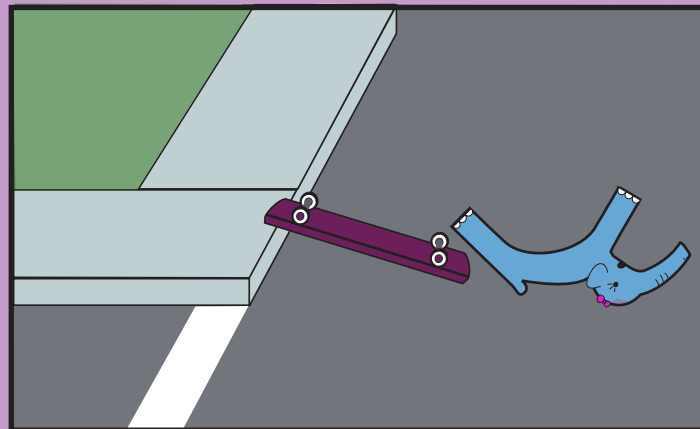
A footpath or shared path is always the best place for children to use wheeled toys. The area should be separate from pedestrian and vehicle traffic and be free from obstacles and uneven ground.

Children under 10 years of age should not ride alone or at night.

For more information on learning to ride see Kidsafe's brochure "Teaching Kids to Ride".



Wheeled toys



For More Information

Kidsafe ACT

(02) 6290 2244

www.kidsafeact.com.au

The Kidsafe Centre

Collett Place, Pearce

Cycle Education www.cycleducation.com.au

Call : 0410 623 957, Raynie



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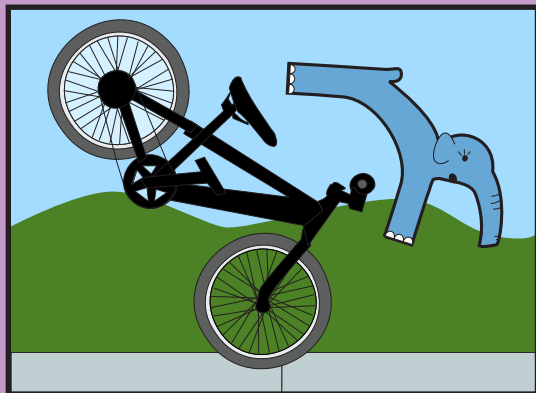
Wheeled toys such as micro-scooters, skateboards, rollerblades and bicycles are most commonly involved in fall injuries, but injuries also occur when children collide with vehicles and pedestrians. Care needs to be taken when choosing wheeled toys as well as in utilizing safety equipment such as helmets, kneepads and elbowpads and in providing children with the information they need to be safe and careful when riding wheeled toys. Provide safer environments for children to play with wheeled toys where they are separate from vehicles and pedestrians and where they have plenty of clear and flat space to move around.

Micro-scooters, Skateboards and Rollerblades

Be especially careful when letting children ride micro-scooters as they are particularly unstable because of their small wheels.

When choosing micro-scooters, skateboards and rollerblades check for sturdy construction. There should be no sharp edges or points and avoid mechanisms that are only finger-tightened or that fold easily.

Make sure that the product is the right size for your child. For example, rollerblades need to be a comfortable firm fit on your child's feet.



Bicycles and Tricycles

Children should not travel in a bike seat or trailer before they are at least 12 months of age, can sit upright unattended and can hold their head up whilst wearing a helmet. Make sure the bike seat or trailer is installed correctly and practice riding with just the seat or trailer before you take the child for a ride.

Never use a baby backpack or sling to carry children when riding a bike. If you run into something or fall off your bike your child has much further to fall, has little protection and may be seriously injured if you fall on them.

A bicycle that is too big for the child will be difficult for them to control properly. Take advantage of professional advice at bicycle retailers to help choose the right bicycle, and see Kidsafe's brochure "Choosing Bikes and Helmets".

Remember to safety check all wheeled toys regularly for wear and tear.

Supervise children when riding

Make sure everyone wears a helmet when they ride

