

Pedestrian, Biking, Skating and Skateboarding Safety

PEDESTRIAN SAFETY

Teach children to make eye contact with drivers before crossing the street.

- Teach children at an early age to look left, right and left again before crossing the street. Remind them to continue looking until safely across the street.
- Teach children to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.
- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most children are unable to judge the speed and distance of oncoming cars until age 10.
- Be a good role model. Set a good example by putting your phone, headphones and devices down when walking near the road.



BIKING SAFETY TIPS

A properly fitted helmet is the most effective way to prevent head injury from a bicycle crash.

- Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right as possible.
- Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
- Wear bright colors and use lights or reflectors, especially when riding at night and in the morning.
- Ride with your children. Stick together until you are comfortable that they are ready to ride on their own.

SKATING AND SKATEBOARDING SAFETY

- Every skater should wear a helmet. Wrist guards, knee pads and elbow pads are a good idea for everyone, but especially for beginners. Mouth guards also provide good protection.
- Children should ride on smooth, dry surfaces located in a well-lit area away from traffic.
- Teach children to check skates and boards for problems before each use. If there are any cracked, loose or broken parts, the item should not be used until it is repaired.
- Teach children to minimize the impact of a fall by crouching down as they lose balance to reduce the distance to the ground.

