



CHILDREN ON WHEELS



Kids love to ride wheeled devices with tricycles, bicycles, skateboards, rollerblades and scooters among their favourites. Wheeled devices provide a great form of exercise, hours of entertainment and help to develop skills such as balance. However, there is also a risk of injury to children when using wheeled devices.

The good news is that there are some simple guidelines and recommendations that you can follow to help reduce the risk of injury for your child and ensure everyone can enjoy their wheeled devices safely.

PREVENTING INJURIES

- Always supervise children on wheels
- Always use correctly fitted and appropriate safety gear
- It is important that children learn to use their wheeled device in a safe environment. Young children and beginners should never use wheeled devices in traffic
- Ensure that the wheeled device is the right size for the child and is appropriate for their development and motor skills
- Set some safety rules about where and how the wheeled device is to be used
- Regularly check the wheeled device for wear and tear and repair or replace items as needed



SAFETY EQUIPMENT

The use of well-fitted and appropriate safety gear can reduce the risk of injury for children using wheeled devices.

- **Helmet** - a correctly fitted helmet can protect children from serious head injuries
- **Wrist guards** - these are designed to strengthen the wrist to reduce the risk of fractures and broken bones

- **Knee and elbow pads** - these are designed to protect vulnerable parts of the body that are common points of contact when children fall. They are particularly important for children when skateboarding, rollerblading and on scooters
- **Visibility** - items such as bright coloured helmets and clothing, reflective tape, reflectors, flashing lights and flags are all useful in increasing the visibility of children wheels



CHOOSING A HELMET FOR YOUR CHILD

- Look for the Australian Standards sticker stating that the helmet complies with AS 2063
- Involve your child in choosing the helmet - they are more likely to wear the helmet if they like it!
- Bright colours will improve the chance of your child being seen by other cyclists, pedestrians and most importantly by car drivers
- Use a tape measure around your child's head (just above their eyes and ears) and match the measurement to the helmet sizes listed on the display box
- Try the helmet on for comfort and fit. The helmet should be a snug fit and not move backwards or forwards
- Don't buy a helmet that is too big so a child can grow into it - it needs to be the right size to protect the child now
- Don't use a second hand helmet. It can be hard to see if a helmet is damaged - a damaged helmet won't protect the rider.