

Parent's Corner

Use of bicycle helmets by all ages could save one life every day and one head injury every four minutes. Less than 15% of child bicyclists use helmets.

Children look to their parents for guidance and examples of appropriate behavior. If you ride a bicycle, skateboard, or roller blades, set a good example and **always** wear a helmet and other appropriate protective gear. Teach your child that "it's not cool to be a fool."

Protect yourself, and your family.



Use of helmets could prevent approximately 80% of all bicycle related head injuries and deaths.

**Free Helmets are available at all
Lawrence Douglas County
Fire Medical
Stations.**

FREE Bicycle Helmets From Lawrence-Douglas County Fire Medical



**Douglas
County
Medical
Society**



Pilot Club of Lawrence, Inc.

Questions?

Lawrence-Douglas County Fire Medical
1911 Stewart Ave.
Lawrence, Kansas 66046
785-830-7000

HELMET!

WHEELED SPORTS SAFETY PROGRAM





HELMETS may be the "Gift of Life". By choosing to wear this helmet, you will reduce your risk of a head injury from a crash by **85%**!

That may not mean a whole lot to you right now, but someday you will be glad you chose to play it safe. But just wearing a helmet is not enough. You have to wear it properly, and learn to follow the "Rules of the Road." That way you can probably avoid any accidents in the first place. And that's part of what being safe is all about. We hope you have lots of fun!



Approximately 300 children aged 14 and

under are killed in bicycle accidents annually. 90% of these deaths occur in collisions with motor vehicles.

Bicycle Rules of the Road

If you follow these rules, you can't go wrong. You'll live and grow to be big and strong.

- **Always** wear your helmet!
- **Stop, look and listen** before leaving a driveway.
- Check your equipment (chain, brakes, cables, tires, reflectors) to make sure there are no problems **before** you ride.
- Obey all traffic signs and **STOP** at all intersections.
- Be aware of and alert to your surroundings (**NEVER** ride with a walkman.) Be especially careful when making a left-hand turn.
- Learn and use hand signals.
- Ride on bike paths, bike routes and sidewalks whenever you can.
- If you ride in the street, stay on the far right side of the road out of traffic
- Only ride in a single file.
- Don't ride at night without an adult. Wear light colored clothing and always use a headlight and tail light!



Bicycle helmets can reduce the risk of head injury by 85% and brain injury by 90%.



Four out of five deaths result from head injuries.

Rollerblading & Skateboarding

These two sports can be lots of fun, but safety precautions are a **must** to keep from getting hurt. Broken bones from falls are common. To help prevent injuries, follow these simple rules:

- **ALWAYS** wear your helmet!
- Wear protective knee pads, elbow pads, and wrist guards.
- Never ride in the street.
- Never ride where skateboarding is not allowed.
- On sidewalks, **be courteous**; give pedestrians the right-of-way.
- Use approved roller rinks, or designated skateboarding areas when possible.
- Empty parking lots are a good choice for both of these sports.

These sports are fun, and good exercise, too. So, enjoy yourself! It's easy to have fun and be safe at the same time!