

# this is how we roll...

# let's roll safe, every time!

wheeled sports are a great way to have fun, get active and enjoy the outdoors, but they can be dangerous



Every year approximately 700 kids get hurt and visit Dayton Children's emergency department with injuries from ATV's, bikes, scooters, skateboards and other wheeled activities.

Follow these tips to stay safe, every ride:

- Make sure your child wears a helmet and correct protective gear for the activity every time.

...now you are  
ready to roll!



### eyes

Only TWO fingers should fit in the space between your eyebrows and the bottom of your helmet.



### ears

Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe.



### chin

Hook TWO fingers between your chin. There should be no extra space.

- Ensure your child's wheels fit properly and are in good condition, not too big and not too small.
- Teach your child safety and traffic rules before they ride.
- Remember to use lights and reflectors when riding in the evening.

