

## KNEE, ELBOW & WRIST GUARDS

- 🚰 Guards are designed to protect the vulnerable parts of the body during a fall.
- 🚰 They are particularly important for riders of skateboards, rollerblades and scooters.
- 🚰 Wrist guards strengthen and protect the wrist area so that a child is less likely to damage or break a wrist in a fall.

## VISIBILITY

**Kids on wheels should not ride in poor light or near traffic.**

- 🚰 Parents can improve kid's visibility to pedestrians and motorists by using:
  - Bright coloured clothing
  - Reflective tape
  - Reflectors
  - Visibility Flags

## MAINTENANCE

Children can learn responsibility for their own equipment. This starts with the selection of their helmet and continues through to the maintenance of their bike, skateboard, rollerblades or scooter.

Older children should learn to check all moving parts before each use. Always ensure tyres, steering and braking systems are operating correctly and safely.

## Safety tips to help our kids on their wheels

### ENVIRONMENT

Parents need to teach children how to use their wheels safely, so they can learn to stop and steer with confidence.

Learners need a relatively level, large and smooth area to develop their skills. Road authorities advise that kids on wheels should be accompanied by an adult until 9 or 10 years of age, depending on the child's individual development.



# KIDS ON WHEELS

## Tips to keep kids safe on their wheels

For more information visit:  
the NRMA at [mynrma.com.au](http://mynrma.com.au)

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Child Accident Prevention Foundation of Australia

**K**ids love wheels - tricycles, bicycles, skateboards, rollerblades and scooters are all popular with kids. Depending on the wheeled toy and the child's age and experience, there are a number of safety issues to consider.

### SKATEBOARDS and ROLLERBLADES

- These are very popular with older children and young teenagers.
- Ensure they use safety equipment that fits well and is worn every time.
- Rollerblades need to be a comfortable, firm fit on the child's feet.
- Learners need a relatively level and smooth area to develop skills.
- Riders are required to observe road rules when using public areas.

### SCOOTERS

- Scooters are increasingly popular for all ages, from kids to adults.
- Most injuries to children using scooters are from falls.
- Ensure the scooter is suitable for the child's age and size.
- Scooters with larger wheels are much more stable for smaller children.
- Check the construction and stability of folding mechanisms regularly.
- Teach the child to operate the braking system. Scooter speed should match the child's age and ability.

### TRICYCLES and BICYCLES

- Most injuries are from the child losing control, so ensure the bike or trike is the right size for the child.
- Both feet should touch the ground when seated.
- Children should be able to reach the handlebars comfortably when seated.
- Brakes should be within reach and operable.
- Check that it is stable.
- Provide a safe area to ride — away from slopes, stairs and bumps.
- Safety equipment is essential and should include:
  - Brakes
  - Lights
  - Reflectors
  - Working bell
  - Visibility devices (reflective tape, flags, etc)



### Essential Safety Equipment

Parents need to ensure children have safety equipment that fits well and is worn every time.

### HELMETS

- Helmets are the most important piece of safety equipment and protect children's heads in the event of a fall.
- By law helmets must be worn every time.
- Make sure the clip is fastened and it fits correctly.
- To check the fit of the helmet, push gently with the heel of the hand against the front. If it fits correctly it will have limited movement.
- Parents need to make it clear that children can not use their wheeled toy without wearing their safety gear.

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