Be Safe

Some tips for staying safe while walking, biking and riding

Walk safe

Unintentional pedestrian injuries are the fifth-leading cause of injury-related death for children ages 5–19
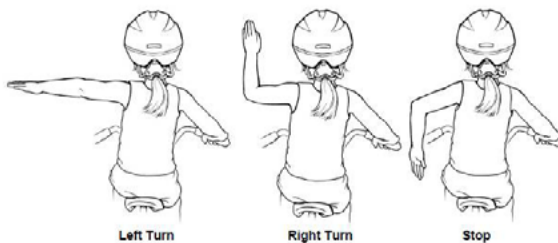
– Cross the street at the corner or crosswalk.

– Put down your cell phone or devices and look left, right and left again when crossing the street.

– Make eye contact with the drivers before crossing the street and watch out for cars backing out of driveways.

– If you are walking in the dark, wear reflective clothes or carry a light and be alert.

Bike safe

Before age 10, few kids understand how traffic works: It may be difficult for them to judge the speed and distance of cars

– Wear your helmet each time you get on anything with wheels. If you need a helmet, come visit us: We offer low-cost sport helmets for the family.

– Wear bright or reflective clothing and shoes that cover your toes.

– Leave your headphones at home so you can hear cars and passing bikes.

– Check your tires before each ride and make sure your brakes work properly.

Ride with traffic and know your signals.

Left Turn   Right Turn   Stop

Ride safe

Using the correct car seat or booster seat can save a child's life

– Buckle up each time you get in the car and make sure every member of your family does too!

– Oregon Law requires all children weighing 40 pounds or less to ride properly secured in a car seat with a harness when traveling in motor vehicles.

– Oregon Law requires children over 40 pounds, younger than 8 years old or shorter than 4´9˝ to ride in a booster seat.

– Children under 13 years old should always ride in the back seat.

– Never leave a child alone in a car.

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