



Doernbecher Children's Safety Center

Safety in childhood can help prevent lifelong injuries!

- Always wear a properly fitted helmet
- Do not use head phones while riding
- Obey Oregon law:
 - All children under 16 must wear a helmet when riding a bicycle, skateboard, scooter and in-line skates.



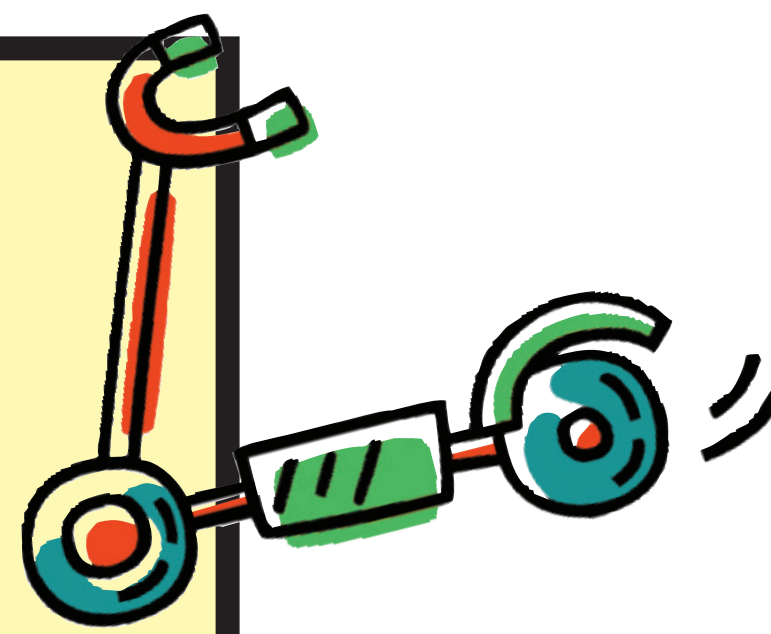
Bicycle Safety:

- Use properly sized bikes and helmets
- Model and teach safe bicycling behavior
- Use hand signals
- Always stop at stop signs
- Use reflective gear at night



SAFETY TIPS FOR SCOOTERS:

- Children younger than 8 years should not ride a scooter without adult supervision
- Wear properly fitted protective gear: helmet, shoes with toe protection and knee and elbow pads
- Ride in a safe place: smooth, dry, paved surface without traffic
- Be visible and avoid night riding



Skateboard Safety

- Wear properly fitted protective gear: Slip-resistant shoes, helmets, wrist braces, specially designed padding and gloves
- Choose skateboard that meets child's ability
- Ride on a smooth surface
- Avoid:**
 - Wet surfaces, crowded walkways and skating at night
 - "Skitching" - the practice of holding on to a moving vehicle in order to skate very fast
- Learn to fall



In-line Skating Safety:

- Wear properly fitted protective gear:
 - Helmets and elbow/knee/wrist guards
- Choose skates that meet child's ability
- Take lessons and learn how to fall
- Avoid:** steep hills, wet surfaces, and skating at night

