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.**

**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 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.