



# NATIONAL KIDSAFE DAY TUESDAY, 25 OCTOBER 2016

**Wear a Helmet: Use your Head – Don't Lose!**

One Small Step in Learning, One Giant Leap for Road Safety

Did you know most cycling injuries don't involve another vehicle, but occur when children fall of their bike after crashing into a pole, curb or fence? Bike helmets help reduce injury.

Helmet fit:

- Measure your child's head before purchasing in order to select the correct size.
- The helmet should fit firmly on the head with the chinstrap securely fastened.
- Do the push test! If the helmet can be pushed back and forward then it won't protect the head in the fall, it is too big.

To be effective a helmet has to be well fitted and has to be used! Helmets should be worn when cycling, skateboarding, rollerblading and riding scooters. Have your child wear a helmet anytime they ride a wheeled toy!

Tips for safe cycling:

1. Make sure the bike fits
2. Be a role model
3. Ensure supervised riding
4. Learn the rules of the road
5. Know the dangers of the driveway
6. Wear bright coloured clothing

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& DVD  
26 OCTOBER,  
2016



**THANK YOU FOR SUPPORTING US  
IN MAKING A SAFER WORLD FOR KIDS!**

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USE YOUR HEAD -  
DON'T LOSE IT!**