

Wheels Activity Sheet

You have something very special – your brain! You only get one, so make sure it's protected by wearing a helmet every time you ride a bike, in-line skates, scooter or skateboard.

Wheel Safety Antics!

In each set of three drawings, below, one shows a kid who's playing smart – the other two show unsafe behavior. Circle the SAFE KID in each set. In the other two drawings, put an X over anything you see that's unsafe.

1. Wear your helmet the correct way.



Safety Hints and Tips

Here are some other things you can do to stay safe on wheels:

Wear your helmet the right way – centered on top of your head, with the straps snugly buckled all the time. Don't take it off just because you're riding in the neighborhood.

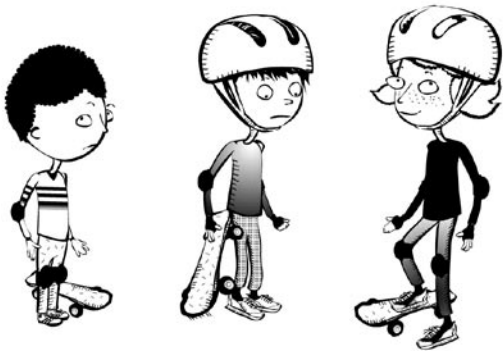
Know the rules of the road. Ride with traffic, not against it – and use hand signals when you turn. Obey all traffic signs and lights.

Wear bright clothing or reflective material so people can see you. Try not to ride when it's dark out.

Don't wear headphones when you ride or skate, so you can hear traffic around you.

Ask your parents to check your bike, skates, scooter or skateboard for damage regularly.

2. Wear protective gear when you skate.



3. Wear the right helmet for skateboarding.



4. Only ride where it's safe.

