



Safety While on the Move

Spring is here, summer is rolling in and our children are on the move. Bicycles, inline skates, skateboards and scooters can be found on many neighborhood and city streets as our kids “wheel” right past us! Are your children “wheeling” safely? Do they know how to keep themselves safe on these vehicles?

Although bicycles have always been a popular choice, inline skates, scooters and skateboards have been increasing in popularity over the past few years. Some important facts to know about the risks of riding these “wheels” without considering safe behaviors:

- Nearly half of all children’s sports and recreation related head injuries are caused by bicycle, skating and skateboard incidents.
- According to the U.S. Consumer Product Safety Commission, between January 2000 and November 2000, more than 30,000 scooter-related injuries requiring emergency room treatment were reported
- About 1,000 kids go to the hospital each week to treat inline skating injuries.
- Bicycles cause more childhood injuries than any other consumer product except for the automobile.
- Scooter-related injuries have nearly doubled each month since May 2000 and 90 percent of these injuries have been children younger than 15.
- In 1998, 203 children ages 14 and under died in bicycle-related crashes.
- About 300 kids go to the hospital each week to treat skateboarding injuries.

- Brain injury is the leading cause of sports and recreation related death.

Our children need to be careful and deserve to have the right information about how to keep themselves safe from injury and, in some cases, death. You can help protect your child by making sure he or she:

- Wears a properly fitting, approved helmet for all of these sports.
- Recognizes traffic signs and obeys traffic laws.
- Do not wear a headset or headphones while riding.
- Wears appropriate safety gear and has equipment that fits properly.
- Wears light colored clothing if he/she is outside at night.
- Knows his/her limits and uses common sense.

Getting your child to follow these safe practices may be a task. Try to emphasize common sense.

Remember: wearing a helmet can reduce the risk of head injuries by as much as 85 percent.

For more information on bicycle, skating and scooter safety or to request information on how to hold a safety event in your community, please contact the Community Education Department at Riley Hospital for Children at 317-274-2964 or visit Safety Smart at www.rileyforkids.org