

BICYCLE SAFETY

- Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one.
- Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

LAWN MOWER SAFETY

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do NOT allow children to ride as passengers on ride-on mowers!!

FIREWORKS SAFETY

- Fireworks can result in severe burns, scars and disfigurement that can last a lifetime.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.
- The AAP recommends prohibiting public sale of all fireworks, including those by mail or the Internet.

ALL-TERRAIN VEHICLES

- Children who are not licensed to drive a car should not be allowed to operate off-road vehicles.
- Because their nervous systems and judgment have not fully developed, off-road vehicles are particularly dangerous for children younger than 16 years.
- Don't ride double! Passengers are frequently injured when riding ATV's.
- All riders should wear helmets, eye protection and protective reflective clothing. Appropriate helmets are those designed for motorcycle (not bicycle) use, and should include safety visors/face shields for eye protection.
- ATVs lack the common safety equipment found on all cars and trucks that are designed for street use. Parents should never permit nighttime riding or street use of off-road vehicles.
- Flags, reflectors and lights should be used to make vehicles more visible.
- Drivers of recreational vehicles should not drive while under the influence of alcohol, drugs or even some prescription medicines. Parents should set an example for their children in this regard.