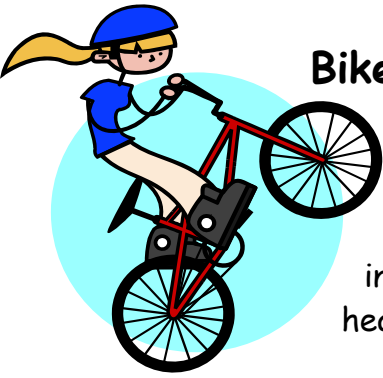


Be cool, stay safe

NFPA offers these tips to ensure safety



Bike, skateboard, and Scooter safety

Scooters, bikes, in-line skates, and skateboards are associated with numerous injuries yearly.

- Wear a comfortable, properly fitted helmet bearing the label of an independent testing lab. Be sure that the helmet sits level on top of the head—not rocking in any direction—and always fasten the safety strap.
- Be sure that safety gear (wrist, elbow, and kneepads) fits properly and does not interfere with the rider's movement, vision, or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- Ride scooters only on smooth, paved surfaces.
- Only ride bikes and scooters during daylight hours.
- Learn the proper hand signals and use them when you turn or stop.
- Come to a complete stop before entering driveways, paths, or sidewalks, then look left, right, and left again for bikes, cars, or pedestrians heading your way.



In-line Skates

- Check all equipment before skating to ensure the wheels are in good shape, secure and skates are the proper size.
- SKATE IN CONTROL. Losing Control is the cause of over half of inline skating injuries.
- Use full protective equipment and Don't Forget the Helmet -
- Take lessons. As in any sport that involves an element of risk, learning the proper way in line skate can greatly increase the pleasure of participating and reduce the risk of injury.
- Skate in roller rinks, parks, playgrounds and recreational paths. Roads and Sidewalks are the site of over half of all injuries. Watch for potholes, cracks and other obstacles.
- Be wary of weather hazards. Skate on dry surfaces free of wet leaves or ice.



- Never Skate in traffic.
- Never Skate at night time and be extra careful during dusk hours as hazards are more difficult to see.
- Avoid skating in enclosed small spaces where obstacles can cause injury.
- Be extra careful near stairs and steps.
- Avoid inclines, ramps and hills if inexperienced.
- Never get towed by cars, bikes, dogs or people.
- Make sure children have sufficient strength and co-ordination before skating and have learned how to stop and skate safely.