

Helmet Safety

Parents should make sure that children riding a bicycle, skateboard or scooter wear helmets properly on every ride. Parents should be role models to children by wearing helmets properly.

- Children should always wear helmets that bear a U.S. Consumer Product Safety Commission (CPSC) label, this certifies that it meets or exceeds the safety standards.
- California law requires that anyone under age 18 wear an approved helmet when riding a bicycle.



Helmet Fitting Tips

- The helmet should cover the forehead. Only two of the child's fingers should fit in between the eyebrow and the helmet.
- Adjust the foam pads inside the helmet to be sure it fits comfortably. The helmet should move the skin on the forehead when rocked back and forth and move only one inch in either direction. If it moves too much, tighten the straps or use thicker pads inside the helmet.
- The ear straps should form a "V" below each ear. Always have the chin strap buckled. Only one finger should fit between the strap and the chin.



Keeping Your Child Safe



Walking Safety

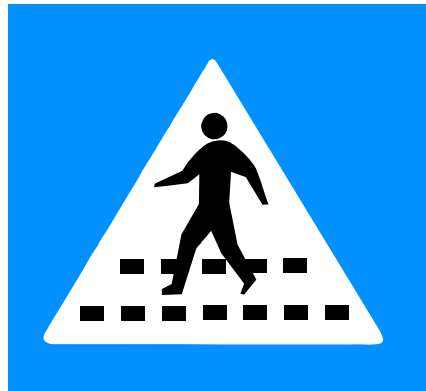
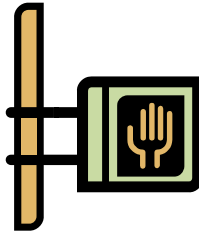


Pedestrian injury is the second leading cause of injury-related death in the United States for children ages 5-14. Following are some key facts:

- After-school hours remain the most dangerous times for children walking.
- 55% of fatal incidents occurs between 3 and 7 p.m.
- These incidents are highest during the Spring and Fall.
- Other than the street, driveways, parking lots and sidewalks are where children ages 0-2 years suffer the highest number of injuries.

How to Prevent Walking Injuries:

- Cross the street safely: cross at a corner, using traffic signals and crosswalks.
 - Look left, right and left again when crossing, and keep looking as you cross.
 - Walk, don't run, across the street.
- Watch for cars that are turning or backing up.
- If sidewalks are not provided, walk on the left side of the road, facing oncoming traffic.



Car Seat Safety



Car accidents are the leading cause of death and disability for children ages 1-15. Nationally, four out of five car seats are not installed properly.

Recommendations for Car Seat Safety

- Children need to be in the correct car seat for their age and weight.
- Children must be restrained correctly in a child safety seat or booster seat until they are at least 6-years-old or weigh 60 pounds, it's the law!
- Seat all children aged 12 and younger in the back seat and make sure they are properly restrained every time they ride with you.
- Make sure the seat is properly installed, read both your car seat or booster seat instruction manual, as well as your vehicle's owner's manual.
- Any car seat must be installed and used according to the manufacturer's instructions and vehicle owner's manual.
- Send in your car seat registration card so that the manufacturer can contact you about any recalls. To find

out about any recalls, you also can call the National Highway Traffic Safety Administration (NHTSA) Auto Safety Hotline at (888) 327-4236 or visit www.recalls.gov.



- Replace any car seat that was used during a motor vehicle accident.
- The safest place in a car for all children is the back seat.