



SMALL WHEELED DEVICES

Safe riding of scooters, balance bikes, and trikes

Riding bicycles and other small wheeled devices such as scooters, balance bikes and trikes is fun, good exercise; and a great way for children to develop their balance and motor skills, and become more independent. However, falls are the most common cause of injury when using small wheeled devices. Most falls are the result of simple loss of control and injuries result from collisions with other people and objects.

Safety is simple

- ✓ Avoid poorly made products.
- ✓ Use protective equipment such as helmets and wrist, elbow and knee guards that meet Australian Standards. (See next page for more information)
- ✓ Learn to ride and practice in a safe place such as a dual footpath away from roads, driveways and slopes.
- ✓ Use small wheeled devices in a safe manner. Pedestrians have the right of way so keep left and give way.
- ✓ Identify safe spaces specifically for riding small-wheeled devices. Check with the local council for skate parks in the area.
- ✓ Check with your local roller drome or skate centre to find out if they offer lessons. Learning how to fall safely is critical in reducing the risk of injury.



Small wheeled device safety checklist

- 1 Check the brakes are in good working condition.
- 2 Check for sharp protrusions and edges.
- 3 Make sure the steering column locks easily and does not collapse. Make sure it is set at the correct height for the rider.
- 4 Ensure handlebar grips are secure and do not swivel.
- 5 Use a scooter with high ground clearance, non slip foot-boards and larger brake pads.

Wrist guards

Wrist guards help protect against serious injuries like fractures by supporting the wrists during falls.

Children often instinctively use their hands to break a fall, making broken bones a common injury for skateboarders, rollerbladers and scooter riders.

A child losing their balance and putting out their hand can lead to broken wrists or arms. Wrist guards help to protect from these types of injuries.



Knee and elbow guards

These are designed to protect the vulnerable parts of a child's body. Research shows that knees and elbows are common points of contact when children fall.

Protective equipment is very important for skateboarders, rollerskaters and rollerbladers as they commonly land on their elbows and knees. This type of fall is also likely to happen with scooter users.



Helmets

To be effective, a helmet must be well fitting and used correctly! Helmets should be worn when using scooters and other small-wheeled devices. Children should be introduced to a helmet when they first start to use ride-on devices.

Helmet fit

Measure the child's head before purchasing a helmet in order to select the correct size.

The helmet should fit firmly on the head with the chinstrap securely fastened.



i Check out the Bicycles fact sheet for more detailed information on helmet selection and adjustment.