



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY BE SAFE ON WHEELS



JULY HEALTH CHALLENGE

Always wear protective gear when on wheels EVERY time and ALL the time.

WEAR A HELMET EVERY TIME AND ALL THE TIME YOU ARE ON WHEELS!

Riding bikes, skateboards, and other wheels are a lot of fun. But accidents are no fun at all. Every year, West Virginians are hurt or killed on wheels. Do everything you can to protect your family members.

WEAR A HELMET WITH THE CORRECT FIT

How should a helmet fit? Work together to break the code for a message on three ways a helmet should fit.

On each line, write the alphabet letter that comes before the one below that line. The first three words have been done for you.

A H E L M E T F I T S _____, _____ AND _____
B I F M N F U G J U T T U S B J H I U T O V H T O B Q Q F E



4-H FAMILIES ONLINE

Go to www.atvsafety.org or call 800-887-2887 to learn about ATV safety, courses, and materials

Get tips on buying and fitting helmets at www.helmets.org

Kids have fun with www.cdc.gov/bam/safety activities

PARENT SAFETY TIPS FOR HELMETS

1. Show & tell –

Children learn best by watching parents. Wear a helmet every time you are on wheels.

2. Start a helmet habit early –

As soon as children begin riding bikes, get a helmet that fits them.

3. Talk about safety –

Share the facts! It's true they can get hurt by not wearing a helmet.

Bikes and other vehicles are not toys. Wear helmets every time, all the time.

4. Be consistent –

Never let anyone get on wheels without a helmet. If children are sometimes allowed to ride without a helmet, they won't think it's important.