



A Division of Child Safety Solutions, Inc.

# SMART STEPS TO SAFE WHEELING



Serious injuries have been associated with the use of Wheelie Shoes. Fractures, concussions and even death have resulted from their use. You can help keep your children safe by reviewing the following guidelines.

## WHEELING IS A SPORT

- Wheelie Shoes are similar to roller skates and in-line skates. The same safety precautions and equipment used while practicing these sports should be employed when using wheelies.
- Maintain a "No helmet, No wheeling" policy. Helmets reduce the risk of head and brain injury by 85 percent. The helmet should cover the child's forehead and fit snugly in a level position. Make sure the helmet stays in place when the child shakes his/her head.
- Wrists, elbows and knees are also at risk for injury while wheeling. Elbow pads, wrist guards, gloves, kneepads and padded clothing will reduce the possibility of injury.



## WHEEL IN SAFE PLACES

- Create safe places for children to use their wheelie shoes. A smooth, wide, flat surface away from traffic and other people is ideal.
- Children should remove the wheels on their shoes before entering schools, malls or other environments where they may trip or slide into something or someone else.
- Teach children to use caution while wheeling on sidewalks. They should stop for people backing cars in and out of driveways as drivers may not know children have wheels on their shoes.

## WHEEL SMART

- Remind children to stay on sidewalks while wheeling and not to go off curbs or through stop signs without slowing, stopping, or looking for traffic. Children should stop and look left, right, and left again before crossing or entering a path, driveway, sidewalk or road, and continue looking as they walk across. Once on the other side, children may resume wheeling when it is safe to do so.
- Teach children to be on the lookout for road hazards such as debris, bumps, wet or oily surfaces, cracks in the pavement and other obstacles.
- Stress with children the importance of being aware of their surroundings at all times and using caution when wheeling around others.
- Children should never wheel out into the street from in front of or behind a parked car.
- If children are wheeling at dusk be sure they are wearing reflective clothing.
- Remind children to inspect their wheels regularly for debris that may be lodged in them.

For more information, contact the I'm Safe! Network, [www.imsafe.com](http://www.imsafe.com).



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www.imsafe.com

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