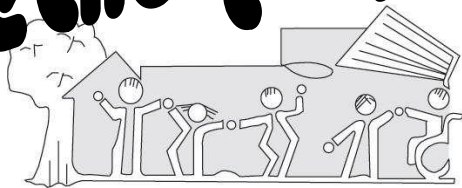


Health Tips



Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

GOT WHEELS? GET A HELMET!

Kids love the freedom of riding a bike. It's also a great way to be physically active and can be fun for families. Put on your helmet and join your child.

TOP TIPS TO RIDE SAFE

- 🚲 Make sure your child wears a bike helmet on every ride.
- 🚲 Keep your child off the road until at least age 10.
- 🚲 Choose to ride on streets where the speed limit is lower and where traffic is less busy.
- 🚲 Teach bike safety to your child. Ride with your child when she is young and teach safety rules as you go. Once your child reaches age 10, he/she needs good training and lots of practice with you before riding a bike on the road alone. Your child needs to learn the rules of the road, how to signal, and how to avoid risks.

For more information about bike safety, visit www.safekidscanada.ca or call 1-888-SAFE-TIPS.

Source: Toronto Public Health (2009); Safe Kids Canada (2008)

KNOW YOUR HELMET SALUTE!

A helmet fits correctly when:

- ✌ It fits snugly and does not move around.
- ✌ It sits two fingers or less above your eyebrows.
- ✌ The straps meet in a "V" just below your ears.
- ✌ You can place no more than two fingers between your chin and the strap.



Algoma

PUBLIC HEALTH

Santé publique Algoma