



Hey dude... no helmet,
No brains!!!!



Most sports have protective
equipment. For your own
safety, make sure you use it



Hold your child's hand when you cross
the road. Children learn by example so
make sure you cross the road in the
designated crossing places.



Hey dude, always follow the road
rules when you ride your bike and
don't forget to wear your helmet.

As a general guide children under the
age of 9 should not be allowed to ride their bike
unsupervised. Children around this age are yet to
develop the necessary ability to deal with traffic, skills to
manoeuvre a bicycle or to have a good knowledge of
road rules.



You check that the cars are
really stopping before you
walk onto the crossing.

Explain what you are doing when you cross the road
with your children. This helps them understand your
actions. Use safe crossings yourself. Set a good
example.



Children are small. They can't see over bushes or
parked cars. Crossing a road from between
parked cars is extremely dangerous for them. Set
a good example and don't cross a road from
between parked cars.



80% of injuries associated with falls from
bicycles do not involve other vehicles. They are
the result of inexpert, unpredictable and often
illegal cycling.



Wear protective equipment when you play sport.