



# Bicycle, Scooter & Skateboard Safety

## Is our equipment ready to use?

Check your helmet and bicycle before going for a ride.

I can only fit one finger between my chin and the strap.

I have moved my helmet so only 2 fingers can fit above my eyebrows.

I can use 4 fingers to make V's at the bottom of my ears. My helmet straps match my finger-shape.

The plastic shell on the outside of my helmet has no cracks.

The foam inside my helmet doesn't have any dents.

I can see an Australian Standards label in my helmet.

My tyres are pumped up.

The buckles on my helmet work properly.

The bell works when I test it.

I can reach the handlebars.

I have reflectors on my wheels, and at the front and back of the frame.

When I sit on the seat, my feet touch the ground and my seat doesn't move.

I have brakes that stop my tyres.

The chain moves freely and isn't rusted.



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