



On the road



## PARACHUTE SAFE KIDS WEEK



### Tips for Safety On the Road

Motor vehicle collisions are the leading cause of death by preventable injury for Canadian children between the ages of 5-14. Between 2003 and 2012, almost half of all unintentional deaths for children 0-14 occurred 'on the road,' with children involved in transport-related incidents as pedestrians, cyclists and motor-vehicle occupants. However all of these deaths are preventable and some simple measure of safety can save numerous lives.

Parents must ensure proper use of child restraint systems when travelling with child passengers. Children are also vulnerable road users; simple activities like cycling on the road, walking home from school or playing on neighbourhood side streets can put them at risk. Research shows that some of the highest risk factors for pedestrian injury include driver speed, risky child behaviour, lack of adult supervision, and crossing the street at a spot without traffic controls. Parents can help children stay safe on the road by teaching them safe road practices, using proper safety equipment and acting as a positive role model.

### Riding in the car

- ◆ **On Every Ride:** always use the correct car or booster seat on every ride, even short trips close to home.
- ◆ **Check your car seat:** double-check car and booster seat instructions to ensure proper installation.

May 30<sup>th</sup> – June 5<sup>th</sup>, 2016

[parachutecanada.org/safekidsweek](http://parachutecanada.org/safekidsweek)

## Parachute Safe Kids Week — Parent Tips Sheet — On the Road

- ◆ **Make sure it's the right fit:** ensure your child is using the right seat for his/her height and weight. Your child will move through four stages as he/she grows; most won't be able to use a seat belt alone until at least age nine.

### Pedestrians

- ◆ **Walk with your children:** take the time to teach them how to cross the road safely and be a role model.
- ◆ **Assess your child's navigational skills:** combined with age, your child's ability to navigate the road is based on experience and knowledge of safe road practices.

### Bike Safety

- ◆ **Make sure your helmet is the right fit:** a helmet should be level on your head (two finger widths above your eyebrows), a snug fit, with the straps in a tight "V" under each ear and done up under the chin (with one finger width between the strap and the chin).
- ◆ **Be a role-model:** children learn from behaviors they see in adults, so always be a good road user and follow safe riding practices. Use bike lanes, wear protective gear and be visible.