

Summer Safety: Scooter, bike and pedestrian safety

Scooters, bikes, in-line skates and skateboards are associated with numerous injuries yearly.

--Wear a comfortable, properly fitted helmet bearing the label of an independent testing lab. Be sure that the helmet sits level on top of the head—not rocking in any direction—and always fasten the safety strap.

--Be sure that safety gear (wrist, elbow and kneepads) fits properly and does not interfere with the rider's movement, vision or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.

--Ride scooters and bikes only on smooth, paved surfaces and only ride during daylight hours.

--Learn the proper hand signals and use them when you turn or stop. Come to a complete stop before entering driveways, paths or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.

--Teach crossing safety to children by example

--Share the road. Make eye contact, smile, or wave to communicate to motorists. Courtesy and predictability are keys in safe cycling.

--Ride far enough from the curb to avoid the unexpected from parked cars.

--Keep control of your bicycle; be able to look behind you and ride with one hand while signalling.

--Be aware of potential hazards like road litter, potholes, gravel and storm grates.

--Be visible. Cyclists must take responsibility for being visible to motorists, pedestrians, or other cyclists. There are numerous ways to enhance your visibility. Wear light-colored clothing: fluorescent colors such as bright orange or lime green and yellow are excellent.