

6 TIPS For Safety on Wheels

Whizzing along on wheels is a blast. Bicycles, in-line skates, skateboards — hop on for some fun and great exercise. But don't forget to stay safe. While on wheels, remember these 6 simple rules.

1 Obey all traffic laws and look both ways before you cross the street.

2 Watch out for opening doors on parked cars.

3 Always wear a helmet. Make sure it fits and you're wearing it correctly.

4 Buy in-line skates that fit — they should be more snug than shoes. Wear a complete set of protective gear: helmet, wrist guards, and elbow and knee pads.

5 Be courteous. Warn others when you're coming up behind them.

6 Wear bright-colored clothing with reflective strips, especially after dark.

