A Parent's Guide to **Kidsafe Roads**

Child Accident Prevention Foundation of Australia

A Parent's Guide to Kidsafe Roads
is a publication of the Child Accident
Prevention Foundation of Australia (Kidsafe).

The information contained in this booklet is derived from child injury data and consultation with Kidsafe professional advisers.

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CHILD ACCIDENT PREVENTION FOUNDATION OF AUSTRALIA

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Background

Injuries are the leading cause of death[1, 2] in Australian children aged one to fourteen, accounting for nearly half of all deaths in this age group. More children die from injury than die from cancer, asthma and infectious diseases combined.[1, 2]

Each year about **200** Australian children (aged 0-14 years) **die**[2] and **59,000 hospitalised**[3] as a result of unintentional injuries – the kind often referred to as 'accidents'. Many of these can be prevented.

In Australia, transport injuries are the most common cause of child injury death[2] and second most common cause of injury related hospital admission for children aged 0 to 14 years[3].

In 2009-10, transport injuries claimed the lives[2] of:
- 22 children aged 0 - 4 years, and
- 34 children aged 5 - 14 years.

In addition:
- 843 children aged 0 - 4 years, and
- 6,193 children aged 5 - 14 years

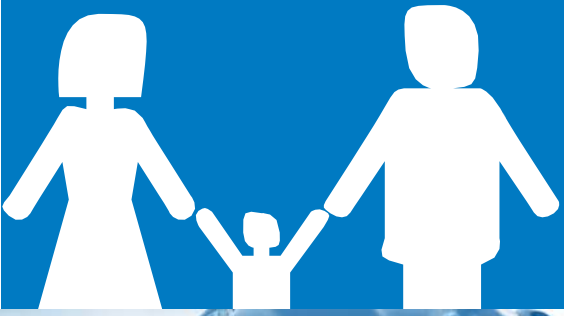
were admitted to hospital[3] for treatment following transport injuries in 2012-13.

The good news is that you can reduce the risk of road trauma for children.

A Parent's Guide to Kidsafe Roads describes some simple steps parents/carers can take to help make children safer road users.

For detailed information on each of the topics presented in this booklet visit **www.kidsafe.com.au** to find your local Kidsafe State/Territory website.

1 Australian Institute of Health and Welfare 2012. A picture of Australia's children 2012. Cat. no. PHE 167. Canberra: AIHW
2 AIHW: Henley G & Harrison JE 2015. Trends in injury deaths, Australia: 1999–00 to 2009–10. Injury research and statistics series no. 74. Cat. no. INJCAT 150. Canberra: AIHW.
3 AIHW: Pointer S 2015. Trends in hospitalised injury, Australia: 1999–00 to 2012–13. Injury research and statistics series no. 95. Cat. no. INJCAT 171. Canberra: AIHW



Safety at Home

Driveway safety

Three children are unintentionally run over every week in Australia - mostly in the driveway of their own home. While four wheel drives and SUV's feature commonly in reversing incidents, many popular family sedans are also involved. All vehicles have blind spots, some extending back as far as 15 metres*.

Why are children at risk in the driveway:

- Young children are naturally inquisitive, move surprisingly fast, and can run into the path of a moving vehicle without warning.
- In the time it takes for the driver to say goodbye and start the car, a child can move from a 'safe' position, onto the driveway, and into the path of the vehicle.
- Small children, can be impossible to see from inside a car, especially if they are directly behind it. The rear visibility of a number of popular cars has been tested and results show that there is a large 'blind space' behind most cars, particularly when reversing.

Three
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run over
every week in
Australia

** Information & image courtesy of Kidsafe Queensland Driveway Safety Project & SGIO Reversing Visibility Index.*

Safety steps to prevent driveway run overs

Supervise:

- Always supervise your children.
- When near cars, hold their hand or hold them close to keep them safe.
- If you are the only adult at home and need to move a vehicle, even only a small distance, place your child securely in the vehicle with you while you move it.

Separate:

- Don't let your children use the driveway as a play area.
- Create safe play areas for your children by fencing off the driveway from play areas.
- Make access to the driveway from the house difficult for your children by using security doors, fencing or gates.

See:

- Drivers should walk around their vehicle before moving it.
- Even if your car has parking sensors or a reversing camera fitted, you may not notice a small child until it is too late to stop.
- Wave goodbye from a safe place - not in the driveway.

Additional safety tips

Additional safety considerations around the home:

- Know where your children are at all times.
- Never let children play near the road or in the driveway. Create safe play areas around homes and on farms by fencing off a play area away from the road and driveway.
- Never leave keys in vehicles. If on a farm, this includes farm vehicles and farm machinery.
- Never leave the car motor running.
- Ensure vehicles are locked and secured before leaving them.
- Never leave children alone in vehicles, even if they are asleep and you can see them.

Never let children play near the road or in the driveway

Safety in the Car

Car safety tips

Buckle up

Ensure you teach children about the importance of buckling-up on every trip.

- Adults should 'model' correct buckling-up behaviour.
- Do not start the car until everyone is buckled up correctly.
- Children should be instructed that they are not to undo their seat belts until you say so.
- Watch out for children trying to help you by undoing restraints for their baby brother or sister.
- Never allow children to share a seat belt.
- Never hold a child on your lap whilst travelling in a motor vehicle; this is against the law and unsafe.

Airbags

Airbags are designed to protect adults in a crash; they deploy at high speeds to the chest height of an average adult, and can be dangerous to children.

Kidsafe recommends that:

- Children under 12 years of age should not sit in the front seat, especially where there is an airbag.
- Rear facing child restraints are not placed in the front passenger seat of vehicles fitted with an airbag. (It is also against the law for vehicles with two or more rows of seats).

Refer to your vehicle owner's manual for further information on the airbags in your vehicle, and whether they impact on the safety of children or the position of child restraints.

Children under
12 years of age
should not
sit in the front seat

Cargo space or open load

It is illegal to ride in the cargo space of vehicles such as utilities, vans and trucks. Loose objects become dangerous missiles in a crash, striking with up to 20 times their own force.

- Vehicles with cargo areas that open directly into passenger space or that have a back seat which can fold down, are particularly risky.
- Keep the back shelf under the rear window free of loose articles, even tissue boxes.
- Install a cargo barrier or use the cargo blind/curtain provided in station wagons, hatchbacks, four-wheel drives and panel vans.
- Only cargo barriers approved to Australian/New Zealand Standard should be used and installed by an approved fitter.
- Ensure luggage such as prams and groceries are carefully packed in the boot space so it is evenly distributed across the width of the cargo area, close to the seatback.
- Don't pack luggage higher than the back of the seat.

Child car restraints

Which restraint do I use?

- An approved child car restraint meets the mandatory requirements of the Australian/New Zealand Standard (AS/NZS 1754) for child restraints. Restraints complying with this standard will carry an AS/NZS compliance sticker.
- Restraints purchased in other countries do not meet the Australian/New Zealand Standard, and are illegal to use in Australia.
- Restraints complying with AS/NZS 1754 manufactured before 2011 use weight limits as guides for use.
- From 2011 onward, restraints use seated height of the child as the guide for usage – height markers on the restraints will guide correct usage.
- Always refer to and follow the manufacturer's instructions for your restraint.
- Always check the age and history of older and second hand restraints. They should be less than 10 years old and have never been involved in a crash.

Remember:
Always use your child car restraint until the child has reached its maximum size limits before progressing to the next type of restraint. It is important that you follow the manufacturer's instructions for your particular child car restraint when deciding when to move your child to the next stage.

For the latest information on child passenger requirements contact your local Kidsafe state/territory office by visiting www.kidsafe.com.au. Access the "Best Practice Guidelines for the Safe Restraint of Children Travelling in Motor Vehicles", or view our Passenger Safety Animation.

Children under 6 months of age

Must use an approved child restraint that is:

• Rearward facing

• Properly fitted to the vehicle

• Adjusted to fit the child's body correctly

Children under 6 months of age are not permitted in the front seat of a vehicle that has two or more rows of seats.

Kidsafe recommends:

Keep your baby in a rearward facing child restraint until they outgrow it. This will be when they have reached the maximum size limits (length/weight) and can sit unaided.

Child car restraints *(continued)*

Children 6 months to 4 years of age

Must use either an approved:

• Rearward facing child restraint, **OR**

• Forward facing child restraint with an inbuilt harness

• Properly fitted to the vehicle

• Adjusted to fit the child's body correctly

Children under 4 years of age must not travel in the front seat of a vehicle that has two or more rows of seats.

Kidsafe recommends:

Keep your child in a child restraint with an inbuilt harness until the child reaches the maximum size limit (height/weight) of the restraint. Extended rearward facing options are now available on some convertible restraints which have the ability to take a child rearward facing up to 2-3 years (30 months) of age.

Rearward Facing

Forward Facing

Children 4 to 7 years of age

Must use either an approved:

• Forward facing child restraint with an inbuilt harness, **OR**

• Booster seat with a properly fastened and adjusted adult seatbelt or accessory child harness.

Children aged 4 to 7 years must not travel in the front seat of a vehicle that has two or more rows of seats unless all the back seats are occupied by other children who are also under 7 years.

Kidsafe recommends:

Keep children in the most appropriate restraint until they reach the maximum size limit (height/weight). If your child is over 7 years of age and still fits in a child restraint/booster seat, keep using it.

New restraint models are now available with inbuilt harnesses to accommodate children up to approximately 8 years and booster seats that accommodate children up to approximately 10 years.

Inbuilt Harness

Adult Seatbelt

Fitting a child restraint

A correctly fitted child car restraint, appropriate for the child's age and size, can reduce the risk of serious injury or death in road crashes. Make sure you have your child restraint fitted BEFORE the due date of your child's birth.

Child restraint upper tether anchorage points

Locate the child restraint upper tether anchorage point using your vehicle owner's manual. The anchorage point should be directly behind and central to the seating position. Anchorage points can generally be found in the following locations:

- Sedans – on the rear shelf
- Hatchbacks – inside the tailgate, or on the floor and behind the seat, or on the seat back.
- Station wagons – in the roof, on the floor behind the seat, or on the seat back.
- Four wheel drives – in the roof, on the floor behind the seat, or on the seat back.

If your vehicle is NOT fitted with anchorage points, DO NOT consider making any modifications to your vehicle on your own.

Any after market modifications should be installed by an authorised person, who will then supply you with a modification permit.

Contact your local transport authority for further information.

Anchorage bolts

An anchor bolt kit comes with each new restraint but is generally missing from second hand restraints. These kits can be purchased separately if you need one. Install the anchor bolt and fitting, following the instructions in your vehicle owner's manual if one is required.

The current hook clip attachment system was introduced in 1993. Child restraints with a keyhole attachment are now more than 20 years old and should no longer be used.

Some vehicles also have integrated manufacturer supplied anchorages already fitted into your vehicle and require no additional parts.

Check your vehicle owner's manual to find out where your anchorage points are located.

ISOFIX Lower Anchorages

Some vehicles will be fitted with lower anchorage points or ISOFIX attachment systems. Check your vehicle owner's manual to find out whether your vehicle is fitted with ISOFIX points and which seating positions they are provided for.

ISOFIX is an alternative way to attach your child car restraint to the vehicle instead of using the vehicle seatbelt. Generally ISOFIX points are only available in the outboard seating positions in the middle row of seats, however some vehicles will have them in other positions.

ISOFIX has been used internationally for attaching child car restraints to vehicles for many years.

The 2013 revision of the Australian Standards for Child Restraint Systems (AS/NZS1754:2013) included a provision for child car restraints suitable for children up to approximately 4 years of age to be installed using ISOFIX attachments systems or the adult seatbelt.

Any restraint installed using ISOFIX attachment systems must still use the upper tether anchorage attachment as well.

For further information on ISOFIX compatible restraints and vehicles contact your local Kidsafe centre.

Fitting a child restraint *(continued)*

Fitting the restraint

Always read the restraint instruction booklet carefully when installing the restraint. Keep the instructions with the restraint in the pouch provided in case you need to refit the restraint or adjust the harnessing.

Incorrectly or inappropriately restrained children remain at greater risk of serious injury in a motor vehicle collision.

Common mistakes:

- Seatbelts: not connected at all, incorrect pathway used, damaged or twisted.
- Harnessing: incorrectly fitted (too loose) or incorrectly adjusted.
- Top tether straps: not connected, not central to seating position used.
- Anchorage assembly: incorrect components or assembly; misidentification of anchorage points leading to attachment to things other than the child car restraint anchor point.
- ISOFIX attachment not secured correctly, installed in addition to adult seatbelt, or installed in incorrect seating position.
- Incorrect installation can lead to increased risk of injury and increased severity of injury.

Contact your local Kidsafe state/territory office for a list of authorised child car restraint fitters close to you. Some Kidsafe Centres offer this service themselves.

Preferred position

Children 12 years and under should always be seated in the rear seats of a motor vehicle.

Kidsafe and other road safety experts recommend that children travel in the rear centre position as the preferred option where possible. This position offers better protection in side impact crashes.

In some vehicles, and once you have to transport more than one child, it may not be possible to position a child restraint in the centre rear seat position due to:

- No anchorage point because the rear seat folds down in a 50/50 split.
- The seat has a raised centre hump.
- Interference of the driver's seat on rearward facing child restraints.

In these cases, the rear left passenger side is the most suitable option as this is usually the off-road/footpath side of the car.

Destroy child restraints after a crash

The Australian Standard requires that where a child car restraint is involved in a severe crash where the main body structure of the car is damaged, the child restraint should be destroyed, even if there is no obvious damage and the child wasn't using the restraint at the time.

Check with your vehicle insurer to find out if your policy covers replacement of child restraints after a crash.

Road safety experts
recommend that children travel in the
rear centre position

Driver safety

Drive carefully and take regular breaks as many crashes are the result of driver fatigue. Rest stops help restore concentration and beat drowsiness.

Driver vision

Drivers need to have full vision at all times.

- Sunblinds and tinted films that are used to protect your child from glare are only allowed on the rear and side windows and must allow ample light transmission.
- Make sure all sunblinds are securely fastened and can't distract you.
- Never use a nappy/towel in the sidewindows because it will block the driver's view.
- Window signs, such as 'Child on Board' should be out of the line of sight.

Driver distraction

Don't let your children's behaviour distract you.

- If troublesome, keep them occupied by talking or singing to them and/or provide soft toys to play with.
- On long trips provide drinks that can't spill and healthy snack foods.
- Take regular breaks on long drives to allow everyone to stretch their legs.

Most vehicle passenger injuries suffered by young children happen during short trips when there is a tendency to not properly restrain children.

Preventing tears when restraining children safely*

- **Explain the rules as you place the child into the car seat:** do it every time you get into the car so your child understands that the rules are always the same - be a good role model and make sure you always buckle up too!
- **Praise and encourage the child for keeping the harness or seatbelt on:** reward good behaviour with lots of attention.
- **Don't use punishment:** smacks or cross words will often make a child more frightened, more stubborn and less able to listen to reason. It is better to ignore tears or tantrums, however difficult this seems at the time.
- **Choose the right time to start:** the best time to begin setting a new routine is when you don't have to go somewhere in a hurry.
- **Make sure the child can see you:** place the car seat where you can see each other, a child who can see your face is less likely to get bored or feel lonely.
- **Don't drive unless the seatbelt or harness is done up:** if the child removes the straps or undoes the buckle, stop the car and re-do the belt, explaining what you are doing. Never drive while the belt is undone or twisted.
- **Keep checking:** check unobtrusively to see if the belt is still on throughout the journey. Don't ask the child as this suggests that you don't expect it to be.

**Adapted from – Seatbelts without Tears\ by the Motor Accident Authority, Roads and Traffic Authority of NSW and NSW Health.*

Hot cars

Leaving children unattended in the car, even for a short time, can be FATAL. In most states & territories in Australia it is also against the law to leave children unattended in a motor vehicle.

Children do not tolerate heat as well as adults. Their smaller body size & greater surface area means they feel the effects of heat much more rapidly.

On a typical Australian summer day, the temperature inside a parked car can be as much as 30° higher than the outside temperature, i.e. on a 30°C day, the temperature inside the car could be as high as 60°C.

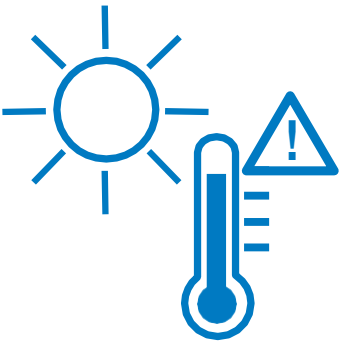
75%[4] of the temperature rise occurs within 5 minutes of closing the car and leaving it.

Young children are at risk of dehydration, heatstroke, hyperthermia, and asphyxia. Hyperthermia, dehydration and asphyxia can all lead to death. NEVER leave children unattended in the car.

Safety Steps:

- If you have to leave the car, even to run a quick errand; take the children with you.
- Do not use the car as a substitute 'baby-sitter'.
- Try to do jobs when your children are not with you, such as putting fuel in the car.
- Look for service stations which offer pay at the pump services so you can avoid the temptation to leave children in the car.

4 Kidsafe Australia. 'The Unconventional Oven' [Internet]. December 2015. Available from: http://theunconventionaloven.com.au/



Safety when travelling in hot weather

- Provide plenty of cool fluids, preferably water, for all occupants and offer them to children regularly.
- Dress children suitably to promote airflow around their bodies i.e. if the car does not have air conditioning, dress the children in clothing made of lightweight fabric and light in colour.
- Double check that the harness fits the child – in summer time with children wearing lightweight clothing, restraints and harnesses may need to be tightened.
- For rearward facing restraints, do not use a hood to protect the baby from the sun. This will decrease airflow around the baby's head.
  Instead use a visor or sunshade to filter the sun's rays.
- Make frequent stops, at least every 2 hours, so that all occupants can get out of the car for exercise.
- This includes removing the baby from the capsule or restraint, and allowing the baby to roll around on a rug on the ground.
- When getting back into the car, recheck the fit of the children's harnesses.
- Plan car journeys for the cooler hours of the day.
- Cool your car down as much as possible before putting the child in the car.
- Where possible, when stopping or parking your car, put it undercover or in the shade to reduce the amount of direct sunlight hitting your car.

Car safety checklist

- Check the restraint complies with the Australian Standard (AS/NZS 1754).
- Use the centre rear position where possible.
- Check the fit of the restraint. It should suit the child's age and size.
- Check the harness. It should fit snugly. Straps should be adjusted so they are firm around the child's body.
- Ensure that restraints are correctly installed and maintained.
- Ensure vehicle seatbelts used to secure a child restraint are done up.
- Ensure all passengers in the car use their restraint or seatbelt. As the driver you are legally responsible.
- Ensure child safety locks are activated on vehicle doors.
- Always unwrap babies before placing them in a child restraint.

Safety on the Road

Pedestrian safety

Walking is an important part of children's lives. It is important for their health and fitness, and their ability to get around their neighbourhood and community independently.

Being a pedestrian can be a risky business, especially for children in busy cities. Roads are designed with adults in mind, but children are not 'little adults'. They are less well developed physically, cognitively and in terms of their traffic experience.

Here are some guidelines to help keep children safe as pedestrians at different ages:

Up to 5 years old

- Separate play areas from cars. If possible, fence your child's play area off from driveways and the street. If this is not possible, help children choose safe places to play away from cars and driveways, and supervise them closely.
- Always walk right around your car before reversing out. Have everyone else using your driveway do the same.
- Always be with your child. They are too young to cope alone.
- Hold your child's hand when you are near traffic.
- Set a good example. Explain what you are doing when you cross the road together.
- Make sure they get in and out of cars on the kerb side (safety door).
- Ask your preschool if they teach road safety and what safety measures are in place.

Stop, Look, Listen and Think

From 5 to 9 years old

- Supervise your child at all times near traffic, particularly when crossing roads.
- Teach your child how to cross roads safely. Children must first stop at the kerb. Then they need to look and listen for traffic, wait for vehicles to stop before deciding if it is safe to cross. ('STOP, LOOK, LISTEN and THINK')
- Make the trip to school together along the safest route and use safe crossing places as an example for your child to follow.
- If you are unable to be there, arrange for your child to be supervised on the way to and from school, and during or after school activities. Ask if your school has a walking school bus program.
- Explain words like "fast", "slow", "near" and "far". Talk about signs and traffic lights and the safe places to cross. Point out dangerous places and where not to cross – near curves and where things might hide children from view.
- If you are picking children up from school, have a safe meeting place, then cross the street with them. Never call them over from the opposite side of the street.
- Continue to make sure children get in and out of cars on the kerb side.
- Ask at your child's school what traffic safety programmes are taught.

Small wheel devices

Skateboards, inline skates, roller skates, ripsticks & micro-scooters

Falls are the most common cause of injury when using small wheeled devices. There have been reports of injuries resulting from collisions with other people and objects. Most falls are the result of simple loss of control.*

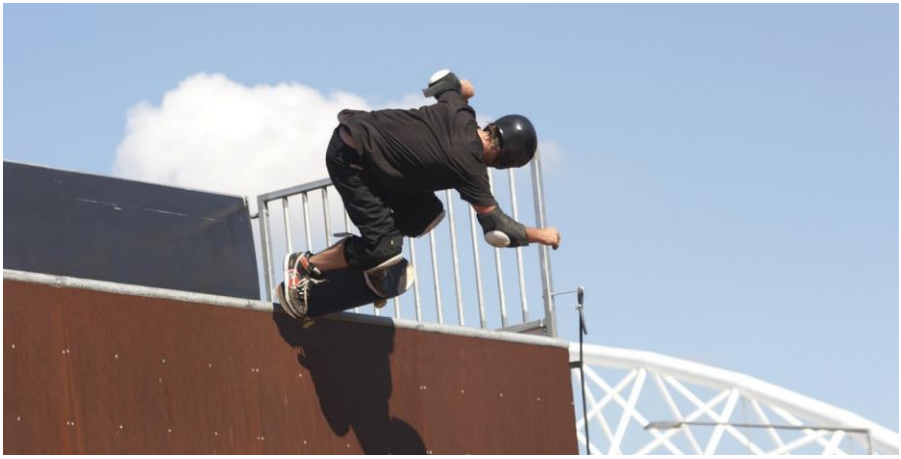
Identify safe and legal venues, which may be on private property, or venues specifically set aside for skating. Check with the local council for skate parks in the area.

A skate centre offers a smooth scoot or ride away from roads.

Check with your local roller drome or skate centre to find out if they offer lessons. Learning how to fall safely is critical in reducing the risk of injury.

Safety is simple

- Avoid poorly made products.
- Use protective equipment, helmet and wrist, elbow and knee guards.
- Learn to ride and practice in a safe place such as a dual footpath away from roads, driveways and slopes.
- Use in a safe manner. Pedestrians have right of way so keep left and give way.



** Princess Margaret Hospital Injury Surveillance Data 2002 to 2011*

Scooter checklist

- Check the brakes and the locking mechanism.
- Check for sharp protrusions and edges.
- Make sure the steering column locks easily and does not collapse or is too short causing the rider to stoop.
- Handlebar grips must be secure and not swivel.
- High ground clearance.
- Non slip foot-boards.
- Larger brake pads/ mudguard with a larger area to press down on to operate the brake.

Wrist guards

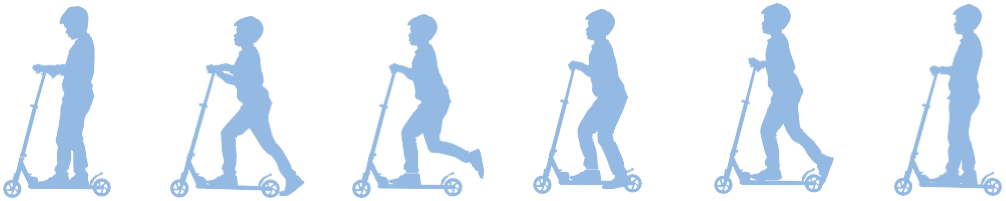
Wrist guards are designed to strengthen the wrist to reduce the risk of serious damage or broken bones. Serious injury can happen quickly and easily.

A child losing their balance and putting out their hand to break their fall is a common occurrence, and broken wrists or arms are the most frequent serious injury among skateboard riders, roller bladers and micro-scooter users.

Knee and elbow guards

These are designed to protect these vulnerable parts of a child's body that research has shown are common points of contact when children fall.

They are very important for skateboarding - skateboarders and roller bladers commonly land on their elbows and knees. This type of fall is also likely to happen with micro-scooter users.



Bicycle safety

Most cycling injuries don't involve another vehicle, but occur when children fall off their bike after crashing into a pole, curb or fence. Head injuries are the main cause of death and disability to cyclists. Bike helmets help reduce injury.

Every child needs a helmet even if they are not riding on the road or they are being supervised by an adult (all helmets should meet AS/NZS 2063).

Helmets

To be effective a helmet has to be well fitting and has to be used! Helmets should be worn when cycling, skateboarding, rollerblading, roller skating and using micro-scooters. Children should be introduced to a helmet when they first start to use ride-on toys.

Helmet fit

- Measure the child's head before purchasing in order to select the correct size.
- The helmet should fit firmly on the head with the chinstrap securely fastened.
- Do the push test once fastened. If the helmet can be pushed back and forwards then it won't protect the front or the back of the head in a fall. The helmet is too big.

Tips for safe cycling

- **Make sure the bike fits:** A bike that is too big or small is a safety hazard. How to check: have your child sit on his/her bike; at least the toes should touch the ground on both sides.
- **Do equipment spot checks:** Parents should ensure their child's bicycle is equipped with safety devices such as lights, reflectors and a bell or horn.
- **Be a role model:** Set a good example when cycling with your children and wear a helmet too - it is required by law!
- **Make bikes safer:** Buy safe bicycles, with spoke & chain guards; ensure bike lamps are used at dusk or at night; fit safety devices to bicycles such as reflectors and safety flags.
- **Ensure supervised riding:** Children under age ten should cycle with responsible adults. Most children in that age group do not have the skills to cycle safely without supervision.
- **Learn the rules of the road:** Make sure children are taught the rules of the road for safe cycling practices before they are allowed to ride by themselves.
- **Know the dangers of the driveway:** Children should know the driveway is dangerous and can pose a safety risk. They should always stop before entering the road, scan by looking in all directions, listen & think about if it is safe to cross the road. Do not encourage children to ride their bikes in the driveway.
- **Wear bright coloured clothing:** Cyclists should wear bright coloured clothing or use a visibility vest so they stand out and are easy to see.

Bicycle safety *(continued)*

More Tips for Safe Riding...

- For young cyclists, a footpath or shared path is the best place to cycle, unless a no bicycles sign is on display. In most states/territories, the road rules allow children under 12 to ride on footpaths, but remember that driveways are dangerous.
- Children should avoid riding on busy streets and riding at night.
- Help children understand when it is safe to cross the road.
- Teach children to walk their bikes when crossing the street, crosswalk or railway crossings.

Riding with children as passengers

Kids' bike seats and trailers that attach to a parent's bike provide easy transportation of young children, while parents enjoy all the benefits of riding.

When is my child ready?

Your child's neck and back must be strong enough to support their head and the extra weight of a helmet while riding. They must also be able to cope with the additional forces experienced when speeding up, slowing down and bouncing over bumps or potholes. Kidsafe recommends against taking a child under 12 months on a bike or in a bike trailer.

By law, your child must wear a properly fitted helmet when on a bike seat or in a trailer. In the event of a crash, the helmet protects your child's head from impact with the ground and the bike, bike seat or trailer frame.

The helmet must not force the child into an uncomfortable position. If the helmet forces the child's head forward, they may be too young.

Teach children to
walk their bikes
when crossing the street

Safety rules

- Ensure the seat or trailer is securely fixed to the bike before putting the child in the seat. If you are not sure, get a bike shop to install the carrier.
- Make sure the bike is stable before putting the child in, or taking them out of, a rear or front mounted seat.
- Never leave a child unattended in a bicycle-mounted child seat.
- Make sure the child wears a properly fitting helmet and harness at all times.
- Ride conservatively to take account of the longer braking distances and reduced maneuverability due to the extra weight.
- Make sure you have full control of the bike and child before riding in public areas. Test ride before you take the bike into busy areas.
- Don't use a baby backpack or sling while riding your bike. These make you less stable and, if you crash, the child has much further to fall and you might fall on them.
- Always look for bike seats, carriers and helmets that meet Australian Standards.

Further information

Contact the Kidsafe (Child Accident Prevention Foundation of Australia) office in your State or Territory:

Kidsafe ACT
Building 2, Pearce Centre
Collett Place
Pearce ACT 2607
Telephone: (02) 6290 2244
Fax: (02) 6290 2241
Email: info@kidsafeact.com.au

Kidsafe NEW SOUTH WALES
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