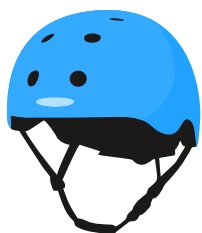


Electric bike safety



Electric bicycles can be a fun way to get outside and be active. Electric bicycles can travel faster than regular bicycles, so it is important to ride carefully and stay aware of your surroundings. Review the safety tips below. They can help prevent accidents, protect you and others, and make every ride safer and more enjoyable.

A Note for Caregivers: E-bikes and e-scooters can travel at speeds that exceed a child's ability to react to hazards. Some can travel more than 20 mph. Before purchasing or allowing your child to ride one, carefully consider whether they have the physical skills, judgment, and maturity to operate it safely. Many manufacturers recommend a minimum rider age of 16, and local laws may also apply.



1. Always wear a helmet.
2. Check your brakes and tires before every ride.
3. Follow all traffic signs, signals, and speed limits.
4. Keep both hands on the handlebars.
5. Use hand signals when turning.
6. Stay alert and watch for cars, people, and other riders.
7. Ride in bike lanes or bike-friendly areas when available.
8. Wear bright or reflective clothing so others can see you.
9. Use lights when riding in low light or at night..
10. Never use a phone or wear headphones while riding.



Learn more about helmets for electric bikes through the Bicycle Helmet Safety Institute by scanning the QR code or visiting <https://helmets.org/helmets-for-ebikes/>



Learn more about helmet and bicycle safety by scanning the QR code or visiting www.NortonChildrens.com/Prevention



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Electric scooter safety

Electric scooters are a fun and convenient way to travel, but riders must stay alert and follow safety rules to avoid crashes and injuries.

Reviewing these safety tips can help keep you and those around you safe while making every ride more enjoyable.



1. Always wear a helmet.
2. Wear closed-toe shoes.
3. Keep both hands on the handlebars.
4. Ride at a safe speed.
5. Watch for cars, bikes, and people.
6. Slow down at corners and crossings, and look both ways before crossing a street
7. Follow traffic signs and signals.
8. Stay off your phone while riding.
9. Use lights or reflectors when it is dark.
10. Never carry extra riders.



Learn more about helmet safety by scanning the QR code or visiting www.NortonChildrens.com/Prevention



NORTON
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Defeating dehydration



1 Drink water 30 minutes before activity



2 When active, drink water every 15-20 minutes



3 Add foods with high water conte



4 Switch sports drinks for a banana and water.
This gives a great source of potassium and
electrolytes before activity

Teach your child what dehydration might feel like



Teaching children to recognize dehydration is important. Here are the signs of dehydration:

- Thirst
- Dry lips or mouth
- Feeling tired
- Dizziness
- Dark yellow urine
- Less frequent urination

Encourage children to notice these symptoms and speak up. Teach them to drink water regularly, especially during physical activities or hot weather. Remind them to carry a water bottle when going out. This helps them stay healthy and hydrated.

8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: NCPW@nortonhealthcare.org



CLASSES AND EVENTS



SAFE BABY

August 13th - virtual

September 10th - virtual

October 8th - virtual

November 12th - virtual

SAFE GRANDPARENTS

September 22nd - virtual

NOT ON TOBACCO

September 8th - Norton West Louisville Hospital

November 3rd - Norton West Louisville Hospital

SPORTSREADY WITH DIABETES

August 15th - Norton Sports Health & Wellness Center,
Westport Plaza



TO REGISTER FOR A CLASS SCAN THE QR CODE.
YOU CAN ALSO REGISTER ONLINE AT:
WWW.NORTONCHILDRENS.COM/PREVENTION

