




MemorialCare[™]
Miller **Children's & Women's**
Hospital Long Beach

To learn more, please visit us at:
[MillerChildrens.org/injuryprevention](https://www.MillerChildrens.org/injuryprevention)



I CAN!

- 1- WEAR A HELMET THAT IS BUCKLED AND FITS!
- 2- RIDE ON THE SIDEWALK.
- 3- OBEY ALL TRAFFIC SIGNALS!
- 4- MAKE EYE CONTACT WITH DRIVERS BEFORE CROSSING THE STREET.
- 5- WEAR BRIGHT COLORS AND REFLECTORS!
- 6- CHECK BRAKES AND ENSURE YOUR TIRES HAVE AIR!
- 7- CROSS STREETS ONLY AT TRAFFIC LIGHTS, STOP SIGNS OR CROSS WALKS.
- 8- AVOID RIDING AT NIGHT OR IN THE RAIN.