



## Hiya Roadstars,

It's been a while since I last wrote to you. Gosh there has been lots happening but my road safety tips remain the same.

Before crossing the road

**Stop, Look,  
Listen and Link**

When travelling in a vehicle

**Seat yourself right  
buckle in tight**

On every trip, when using the  
footpath

**Look out for  
sneaky driveways**

When out and about

**Be bright  
dress bright**

When riding your bike or scooter

**Helmets on right  
and tight**

Now is a good time to ask a big person to help check your helmet is in good condition and is still the correct size to keep you safe.

Turn the page to see my helpful helmet check list >

First Name Surname  
Address 1  
Address 2  
Address 3  
City Postcode

## Helmet Safety Checklist

Look at the outer shell.  
Is it missing or cracked?  Yes  No

Look at the inner layer.  
Is it cracked or damaged?  Yes  No

Look at the straps. Are they  
frayed, broken or missing?  Yes  No

Look at the clips and clasps.  
Are any broken or not  
working properly?  Yes  No

If you have any Yes answers then you need a new helmet to protect your brain.

Check that you, your friends and whanau are wearing your helmet correctly to give the best protection possible to your head if there is a crash. ✓



**Kids Club**  
Join Ruben's Kids Club

If you know anyone who lives in the Waikato, is aged 3 to 7 years who would like to join my Kids Club then go to my website ... [www.ruben.govt.nz](http://www.ruben.govt.nz) and complete the form in the Kids Club tab