

Bike and Helmet Safety Transcript

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Bike and helmet safety

Children grow up fast, and become independent before you know it. One milestone is riding a bike. But children often venture out without the proper safety knowledge. First we will cover some facts about bicycle safety, then discuss some ways you can keep your young rider safe.

Do you know?

Among children under the age of 14, what percentage of bike-related deaths are caused by the bicyclists themselves?

- 40%
- 60%
- 80%

Actually, it's a lot higher. 80% of deaths are caused by mistakes made by the bicyclists themselves.

That's right! 80% of deaths are caused by mistakes made by the bicyclists themselves.

Facts

Brain injury is the leading cause of sports-related death to children.

Your child is 14 times more likely to survive a bike crash if he or she is wearing a helmet.

It's estimated that 3 out of 4 bicycle-related deaths among children could be prevented if the child wore a bicycle helmet.

For a comprehensive Fact Sheet, click on the Facts button.

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Infant safety

Children under 1 year of age have not developed enough to support the weight of a helmet and the bumps of riding, so they should not ride in bike carriers or trailers.

What can I do?

Kids can give lots of excuses to get out of wearing a helmet, but wearing one significantly reduces the risk of a serious injury if your child is involved in a crash.

Get ready!

Choosing the right helmet is important. Bike helmets are generally the best choice for bikes, skates, and scooters. Skateboarding, skiing, and other activities may require a different type of helmet. There are also multi-sport helmets available for children over 5 years, so this may be a good choice if your child bikes and skateboards.

A used helmet or one that has been involved in a crash may have damage that cannot be seen. When in doubt, it's best to purchase a new helmet.

Get set!

Bike helmets need to fit properly on your child's head.

Position the helmet on his head, with the bottom rim of the helmet one to two fingers above his eyebrows.

Make sure the straps of the helmet form a "V" under his ears when buckled. The strap should be snug but comfortable.

Now have him open his mouth as wide as he can. If the helmet does not hug his head, tighten the straps.

Get ready!

Your child's helmet isn't the only thing that should fit - a bike that fits and operates well will help him to control his bike and avoid hazards.

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Do you know?

How should a bicyclist ride when on the road?

- **With traffic**
- **Against traffic, same as pedestrians**

That's right! It's safest for a bike rider to ride with traffic, and obey traffic signals the same as cars.

Actually, bike riders should obey traffic rules, and therefore need to ride the same as the rest of the road traffic.

Go!

Your child must be old enough to understand the dangers of riding a bike, and realize his role in avoiding a crash.

Most children do not have the judgment or experience to ride alone until at least ten years of age, but it's up to you to determine at what age you feel your child can ride safely.

Until your child is old enough to be on his own, make sure he rides with you or another trusted adult or sitter.

Safe riding guidelines: Sidewalk

Sidewalks or bike paths can be full of dangers, such as other bicyclists, skaters, pedestrians, and cars entering and exiting driveways. Make sure your child is an alert and capable rider before he leaves the driveway!

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Safe riding guidelines: Road

Before your child is ready to ride alone, he should be familiar with basic road rules.

Your child should always stop and look before entering the road.

He should ride on the right side of the road; riding with traffic.

He should follow traffic signs and lights, and always let cars go first.

He should cross the street at a crosswalk.

Teach your child to make eye contact with drivers, other riders, and pedestrians. Drivers can't see bike riders well at night, so it's best to limit your child's riding to daylight hours.

Do as I do

Your child's best teacher and role model is you. Teach your child the rules of the road by riding together. Choose situations that allow him to demonstrate his knowledge of bike safety.

And of course, always wear a bike helmet yourself when you ride a bike.

Many communities have specific laws about bike licensing and bike riding. Make sure you know the specific laws in your community.

Bike helmets and safe riding habits save lives!

Your child's growing brain and growing independence are gifts you want him to enjoy now and in the future. Teach your child how to safely ride his bike on sidewalks and roads, and make sure he understands why wearing his helmet every time he rides is important for his safety and his future.

Thank You

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