

BIKE SAFETY

Riding a bike offers fun, freedom and exercise, and it's better for the environment. **Here are a few tips so that you will be as safe as possible while riding your bike.**



WEAR A HELMET

“Use your head, wear a helmet.” It is the single most effective way to reduce head injury and death from bicycle accidents.



CHECK THE FIT

Select a properly fitted helmet and bicycle for the rider. Both feet should be able to touch the ground while sitting on the bicycle seat.

QUALITY CHECK

Frequently check that the bike's tires are well inflated and the brakes, handlebar, gears and chain are working properly.

SUPERVISE

Children should be supervised by an adult until they are responsible enough to ride on their own. Bike paths and parks offer safe places to ride away from traffic.

TEACH

Children should be able to demonstrate riding skills and knowledge of the rules of the road before cycling with traffic.

STREET SMARTS

- Ride on the right side of the road with traffic, not against it.
- Stay as far to the right as possible
- Stop at all stop signs and red lights
- Walk your bike across the street, using the crosswalk
- When crossing, look left, right, left again
- Make eye contact with drivers as you cross
- When riding at dusk, it's smart to wear clothes and accessories that are reflective to improve biker visibility



DID YOU KNOW?

- Children ages 5-14 are seen in the ER for bike related injuries more than any other sport
- Helmets can reduce the risk of severe brain injuries by 88%
- Only 45% of children 14 and under usually wear a bike helmet



Safe Kids Wisconsin

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DOES YOUR HELMET FIT PROPERLY?

Take the helmet fit test!

1

EYES

Put the helmet on your head. Look up. You should see the bottom rim of your helmet.



2

EARS

Make sure the strap forms a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



3

MOUTH

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

