

# Bike Safety

Riding is fun. It is good exercise and is better for the environment. Here are a few tips to keep you safe.



## WEAR A HELMET

Use your head, wear a helmet. It is the most effective way to lower head injury and death from bike accidents.



## CHECK THE FIT

Pick the right helmet and bike for the rider. Both feet should be able to touch the ground while sitting on the bike seat.

## QUALITY CHECK

Make sure that the bike's tires, brakes, handlebar, gears and chain work well.

## SUPERVISE

Children should be watched by an adult until they can safely ride on their own. Bike paths and parks are safe places to ride.

## TEACH

Children should be able to show you their riding skills. They should know the rules of the road before riding on the road.

## STREET SMARTS

- Ride on the right side of the road with traffic. Do not ride 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.
- Look left, right and left again when crossing.
- Make eye contact with drivers as you cross.
- Wear clothes and things that are bright or reflect. This helps others see the biker better.



## DID YOU KNOW?

- Children ages 5-14 are seen in the Emergency Department for bike-related injuries more than any other sport.
- Helmets can lower the risk of severe brain injuries in most cases.
- Bike helmets save lives, but less than half of children 14 and younger wear them.



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# Check your helmet fit every time you ride.

Take the helmet fit test:

1

## Eyes

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

There should be only one to two fingers width from the top of the brow to the bottom rim of the 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.

