

Bicycle Safety

Facts About Bike Safety

- ◆ Head injury is the leading cause of death from bicycle crashes.
- ◆ Using a helmet can lower the number of deaths by about 75 percent.
- ◆ **Only** about 15 to 25 percent of children wear helmets.



Bicycle Safety Tips

- ★ **SUPERVISION.** The best way to prevent injuries when riding a bicycle is close adult supervision. Parents can ride with their children and model safe bicycle riding.
- ★ **Wear a helmet. It is the law** that anyone under 18 years must wear a helmet when riding a bicycle. Anyone who rides a bike should wear a helmet **every time** and everywhere they ride. Buy a helmet when you buy a bike! If the helmet gets damaged or no longer fits well, you need to buy a new one.
- ★ **Ride a bike that's the right size.** A bike that is too big or too small can be uncomfortable and dangerous. A child must be able to place the balls of both feet on the ground when sitting on the seat with hands on the handlebars.
- ★ **Keep the bicycle in good working condition.** Check the tires, brakes and handlebars regularly.



- ★ **Learn the rules of the road.**
 - ✓ Ride on the right side of the road, with traffic, not against it.
 - ✓ Learn and use the correct hand signals.
 - ✓ Respect and follow all traffic signals.
 - ✓ Stop at all stop signs and stoplights.
 - ✓ Never ride into the street until stopping and looking both ways first.



- ★ **Ride in safe areas.** Children under 10 years old should ride on sidewalks and bike paths until they are able to show good riding skills and are able to follow the basic rules of the road. They should not ride in the street.

- ★ **Make sure you are seen.** Wear bright colors like yellow, orange or bright pink, during the day.



- ★ **Don't ride in the dark or in bad weather.** It is very dangerous for your child to ride at dusk or after dark. Make sure your child brings in the bike before sunset.
- ★ **Stay Alert.** Riders need to be aware of anything that can make them fall like holes in the road, trash, puddles of water, rocks, glass, sewer grates, etc.
Do not wear headphones while riding a bike. It is important to be able to hear horns and other traffic noises.