

Bicycle Safety

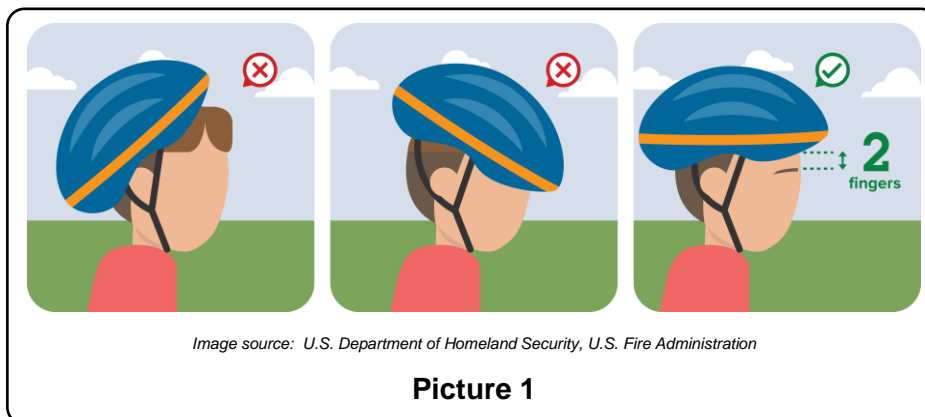
Bicycles (bikes) are a fun way to exercise and travel. Before riding, put a well-fitting helmet on your child. Helmets protect your face, head, and brain if you fall. Wearing a helmet helps protect you from head injuries and death if you crash.

Choosing a Helmet

- Let your child help pick out their helmet. This will help get them excited about wearing it.
- Before buying a helmet:
 - Choose a helmet that fits well and is comfortable and secure.
 - Make sure it has a U.S. Consumer Product Safety Commission (CPSC) safety label.
- Your child will need new helmets as they grow. Check their helmet each year to make sure it still fits.

How to Wear a Bike Helmet

- Make sure the forehead is covered. Helmets must be worn low and level on the forehead. There shouldn't be more than 1 to 2 finger widths between the eyebrows and the inner helmet pad (Picture 1). The helmet shouldn't tip too far forward or too far back.



- Don't leave any space between the inner pads of the helmet and the head (Picture 2). The side straps should also form a "Y" shape below the ears.
- **ALWAYS** buckle the chin strap. The helmet should be snug. It should not slide from side to side or front to back. Do not leave more than 1 to 2 finger widths under the strap.
- If your child crashes, replace their helmet right away. Even small cracks can make it less likely to prevent a future injury.

Helpful Hints

- Have your child wear a helmet when skating or riding a bike, scooter, or skateboard. This will help them get used to wearing it.
- **ALWAYS** have your child wear a helmet when riding their bike.
- When riding bikes with your child, wear your helmet. They learn by watching you.
- Tell your child you're proud of them for wearing their helmet.

Safe Cycling Tips

- Only ride one person to a bike.
- Stay in a single line. Don't ride beside other bikers.
- Look in all directions before crossing the street.
- Walk the bike across busy intersections at the crosswalk.
- Follow all traffic signs and lights.
- Keep both hands on the handlebars.
- Ride in the same direction as traffic.
- Don't ride at night or in the rain.
- Look to the front and back before turning right or left. Use hand signals to show which way you'll be turning (Picture 3).
 - **Left:** Hold your left arm out straight.
 - **Right:** Bend your left elbow and hold your arm up in an "L" shape. You can also put your right arm out straight.
 - **Stop:** Bend your left elbow and point your arm down to make an upside down "L."
- Check your child's bike to make sure it's the right fit for them and all the parts work. This includes the wheels, tires, and brakes.

