Did you know?

• Bikes cause more childhood injuries than any other consumer product except cars.
• Brain injury is the leading killer and disabler of children. Damage to the brain can affect one’s ability to walk, talk and think.

You can help prevent injury by wearing a helmet!

The single most effective safety device available to reduce head injury and death from a bicycle crash is a **helmet**.

When worn, helmets cut the risk of severe brain damage by 88 percent.

How to stay safe while riding:

• Always wear a CPSC-approved helmet.
• Buy a bike that fits right. Check regularly to make sure it is working properly.
• Make sure drivers will be able to see you.
• Learn and follow the rules of the road.
Before the ride

• Dress to be seen; wear bright, light-reflective clothes
• Always wear a CPSC-approved helmet and protective gear

Take the Helmet Fit Test:

• EYES: Position the helmet on your head. Look up; you should see the bottom rim of the helmet.

• EARS: Make sure the straps form a ‘V’ under your ears when buckled. The straps should be snug but comfortable.

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

Bike Safety Check:

• Ensure the bike is the right size and not one you will eventually grow into.
• Adjust the seat properly. When sitting on the seat, feet should be able to touch the ground.
• Check brakes and gears, and inflate the tires properly.
• Never ride a bike, scooter, skateboard or skates at dusk or at night. These are the most dangerous times for riders of all ages.

• Always demonstrate safe behavior and obey all traffic laws.

• Ride right: Bikes travel with traffic, not against it, so ride on the right side of the road.

• Cycling should be restricted to sidewalks and paths until the child is age 10.

• Stay alert. Watch for cars, pedestrians and road hazards.

• Use appropriate hand signals when crossing.

Establish the rule:
no helmet, no ride

Remember! No safety equipment ever replaces the need to supervise children closely while they engage in any wheeled sport/activity.