



Bike Safety

Talk with children about bike helmets and bike safety.
Bumps and bruises heal but a head injury can be forever.

Kids learn by example, so set a good one by always wearing a helmet every time you go bicycling. A bike helmet is the single most effective safety device for reducing head injury and death from biking mishaps.

Did You Know? Short rides close to home can be the most dangerous: More than 60 percent of childhood bicycle-related fatalities occur on small neighborhood roads. The typical bike crash occurs within a single mile of home.

Tips for Safe Bike Riding:

- Check your brakes, tire pressure & chain before you start.
- Properly put your helmet on - never ride without one.
- Be visible. Wear light and bright colors during the day. At night, use a headlight and taillight and wear white or reflective clothing.
- Always give cars and pedestrians the right of way.
- Do not weave in and out of parked cars.
- Always stop and check traffic before riding into the street.
- Obey all traffic signs and signals.
- Always use hand signals.
- Ride on the right side of the street.
- Always be alert and pay attention - watch for traffic and obstacles.

FACT: A bicycle helmet reduces the risk of serious head and brain injury by 85-88%.