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.
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.