

## Bike Safety

Use your head, wear a helmet!

Approximately 140 children are killed & 275,000 are injured as bicyclists each year.

Have your children do a head-to-toe check before getting on their bike.

Head — wear a properly fitted helmet

Body — wear light or bright colored clothing to ensure drivers can see them

Toe — wear tennis shoes or shoes that cover the toes completely and will not slide off their feet



It's important to hear vehicles and others on the road, so leave your headphones at home while riding your bike.

Wear an appropriate helmet that meets CPSC standards when cycling, skating, skateboarding or riding a scooter.

Inspect bikes to make sure they are appropriate size, with reflectors, working brakes and tires that are properly inflated.

Obey traffic signals and lights, using appropriate hand signs when turning.

Children under the age of 10 should ride on sidewalks, driveways or designated paths.

Buy a helmet that fits your child NOW, not one they will grow into. Helmets come in various sizes, just like hats!



1

Center the helmet on the child's forehead, approximately 2 fingers above the eyebrow



2

Center the buckle below the child's chin



3

Adjust the clips to form a "V" below the child's ear



4

Tighten the straps so that no more than 2 fingers fit between chin and straps



5

Make sure the helmet is level and snug. It should feel tight when the child opens his/her mouth

Led By:



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