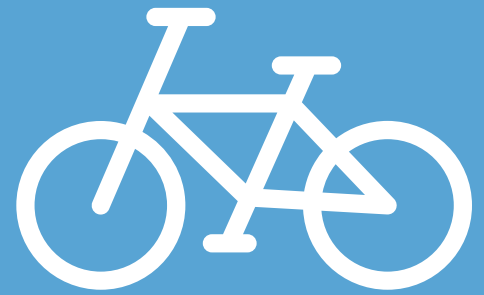


BIKE SAFETY

Riding a bike offers fun, freedom, and exercise, and it's better for the environment. Here are a few tips so that you will be as safe as possible while riding your bike.



WEAR A HELMET

It is the single most effective way to reduce head injury and death from bicycle crashes.



CHECK THE FIT

Select a properly fitted helmet and bicycle for the rider. Both feet should be able to touch the ground while sitting on the bicycle.

ABC QUICK CHECK

Frequently check that the bike's tires are well inflated and that the brakes, gears, and chain are working properly.

SUPERVISE

Children should be supervised by an adult until they are able to demonstrate riding skills and knowledge of the rules of the road.

RULES OF THE ROAD

- Ride on the right side of the road with traffic, not 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.
- When crossing, look left, right, left again.
- Make eye contact with drivers as you cross.
- If you are riding at dusk, wear clothes and accessories that are reflective.



DID YOU KNOW?

- Children ages 5-14 are seen in the ER for bike related injuries more than any other sport.
- Helmets can reduce the risk of a severe brain injury by 88%.
- Only 45% of children 14 and under usually wear a bike helmet.



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