

## Bike Safety



### The Hard Facts

**Properly fitted helmets can reduce the risk of head injuries by at least 45 percent.**

### Top Tips

1. Wear a properly fitted helmet. It is the best way to prevent head injuries and death.
2. Choose an appropriate size bike that fit your child.
3. Make sure the brakes work properly, the reflectors are secure and tires are tightly secured and properly inflated.
4. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
5. Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
6. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
7. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.
8. Long or loose clothing can get caught in bike chains or wheel spokes. Dress young kids appropriately to ensure a safe ride

