

Bike and Wheeled Sports Safety



Bikes cause more childhood injuries than any other consumer product except cars.

There are things you can do to keep your child safe. Please use this flyer to help you remember what to do.

- Always wear a helmet on every ride.
- Buy a bike helmet that fits right. Check it regularly to make sure it's safe.
- Make sure drivers will be able to see you.
- Learn and follow the rules of the road.

For more information, contact
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Wear a Helmet

- Get a helmet. Today, helmets are more cheaply and comfortably made. When worn, helmets cut the risk of severe brain damage by 88%. Bicycles are tied to more childhood injuries than any other consumer product except the automobile.



Ways to Get Your Child to Wear a Helmet

- Wear one yourself; children are more likely to wear helmets when you do.
- Make the wheeled vehicles-helmet connection early. Wearing helmets on their very first tricycle or bicycle will make it a habit.
- Establish the rule: No helmet, No bike.
- Let your child pick out their helmet so they are more likely to wear one.
- Explain that riding bikes can be dangerous. Wearing a helmet can keep them from severely hurting their heads.

Before the Ride

- Buy a bicycle that is the right size for the child, not one he or she will grow into. Bring them along to the bike shop for the right fit.
- Check the brakes and gears, and inflate the tires properly.
- Place reflectors on the front, back and sides of the bike.
- Wear clothes with reflective materials to help drivers spot you.

- Take the helmet fit test:



Eyes: Position the helmet on your head. Look up. You should see the bottom rim of the helmet.

Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be snug but comfortable.

Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Reminders for Adults, Lessons to Teach Children

- Always demonstrate safe behavior and obey all traffic laws.
- Ride right: Bikes travel with traffic, not against it so ride on the right side of the road.
- Use appropriate hand signals when crossing.
- Stop and look both ways before crossing a street. Look back before turning left. If traffic is coming, be patient and let it go first.

- Watch for uneven surfaces while riding (potholes, cracks, rocks, railroad tracks, storm gates).
- Children should never bicycle in the dark or in fog. They should only bike on sidewalks and paths until age 10.

