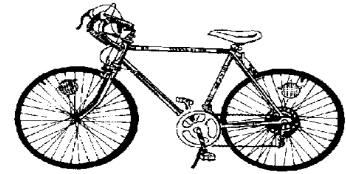


Bicycle Safety For Back to School

PROPER FITTING OF A BIKE AND HELMET: It is important for your child's bike and helmet to be the right size for them. Choosing a bike, the child will "grow into" makes it difficult for them ride and is unsafe. A helmet cannot protect the child if it is too big, too small or not properly adjusted.

- **Bike Fit** – a child should be able to sit on the seat with their knees straight and both feet flat on the ground. Also make sure the child can stand and straddle the bike with at least one or two inches between the top bar and the child's crotch.



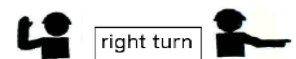
- **Helmet Fit** – every helmet should meet the U.S. Consumer Product Safety Commission Standard (CPSC) and display a label stating that it does. Check the box for helmet size. Use the foam pads to fit the helmet so it doesn't move on the head. The front of the helmet should rest two finger widths above the eyebrows. Adjust the two side straps so they meet in a "V" right under each ear. Adjust the chin strap snugly under the chin. Make it tight enough so that the helmet pulls down when the child opens his mouth. Recheck the helmet often to make sure the straps stay snug.



- **Helmets that have been in a crash need to be replaced.**

RULES OF THE ROAD:

- A bicycle is a vehicle. Bicycle drivers must obey all traffic signs and signals.
- Children need supervision; they have difficulty handling risky situations until about age 10. Set rules for older children based on their skill.
- Ride on the right with traffic, single file.
- Use bike trails and paths when available.
- Know the bicycle hand signals and use them to communicate with other road users.
- Dress in bright colors to be easily seen.
- Don't ride during low light and at night. Reflectors, retro-reflective clothing and a bike light help bicyclists to be seen at or after dusk.



PA Bicycle Helmet Law:

BICYCLE HELMETS (Act 20, 1991/Act 170, 1994/Act 72, 1995) All children under the age of 12 are required to wear a CPSC, ANSI, SNELL, ASTM, or other nationally approved bicycle helmet when operating, or riding as a passenger on a pedalcycle, or in a trailer towed by a pedalcycle.

- Wearing a helmet means having a helmet of good fit fastened securely upon the head with the helmet straps. Violators may receive a fine of not more than \$25. The violation shall be dismissed with proof that a helmet meeting the CPSC/ANSI/ASTM or SNELL standard has been obtained.