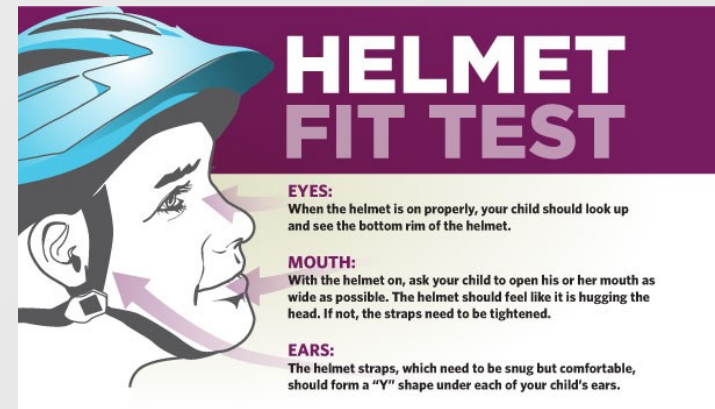


A bike is a vehicle, not a toy!

Getting Ready to Safely Ride Your Bicycle

Biking is fun, healthy, and a great way to get around and be independent.



Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.



Position:

The helmet should sit level on the head and low on the forehead—one or two finger-widths above the eyebrow.



Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Buckles:









Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Chin Strap:

Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



-  **Wear a Bike Helmet.** The helmet absorbs the force of a crash, protecting your brain when you fall. Riders with helmets had an 85% reduction in their risk of head injury and an 88% reduction in their risk of brain injury.
-  **Buy it. Fit it. Wear it. EVERY RIDE!** Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It is usually easier to look in the mirror or have someone else adjust the straps. A list of helmet sizes is available at the Bicycle Helmet Safety Institute (BHSI) website: www.bhsi.org.
-  **Adjust Your Bike to Fit.** Stand over your bike. There should be 1 to 2 inches between the rider and the top tube (bar). The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat or higher to ride upright.
-  **Check Your Equipment.** Before every ride, be sure to check the "ABC's" to make your ride safer.
 -  **A is for Air:** Having properly inflated tires helps prevent flats. Check the sidewall of your tire for the recommended tire pressure.
 -  **B is for Brakes:** Squeeze to make sure that the brakes engage properly and smoothly.
 -  **C is for Chain:** Look at your chain. Keep your chain lubricated and clean.
-  **See and Be Seen.** Make yourself visible when riding your bike. To be easily seen, wear neon, fluorescent or other bright colors when riding during the day, at dawn, dusk, during bad weather, or at night. Wear something that reflects light, such as reflective tape, or use flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

Avoid Back-Over Accidents

Back-over injuries and deaths can happen anywhere vehicles are parked, but often take place in residential driveways at slow speeds. A back-over crash occurs when a vehicle backing out of a driveway or parking space does not see an unattended child. These preventable events happen because drivers could not see the child behind their vehicle. Children do not understand the danger of a slow-moving vehicle or the blind zones around a vehicle. Children believe if they see the vehicle, the driver can see them. Teach children about the dangers of vehicles, but never rely on them to protect themselves. Young children are impulsive, unpredictable, and still have poor judgement and little understanding of danger.

Back-Over Injuries are Preventable Protect Children from Back-Over Hazards

- ◆ **Supervise** children and know where they are AT ALL TIMES. Firmly hold a child's hand when near moving vehicles. If you need to move a vehicle without another adult present, find a place away from the vehicle where the driver can see the children before moving the car.
- ◆ Always **walk around the vehicle**, making sure no children are behind or near the vehicle before you get in the car. Make sure to look behind you while backing up slowly in case a child dashes behind your vehicle unexpectedly. Before backing up, **roll down the window**. Listen for voices from unexpected places as you back up. Check the mirrors and look behind you as you are backing up; if you have one, use your rear-mounted camera but do not rely on this alone. If possible, park the car so that it can be pulled forward instead of having to back out.
- ◆ **Teach children:**
 - ◆ To move away from a vehicle when a driver gets in the car or if the car is started.
 - ◆ That any parked vehicle might move unexpectedly.
 - ◆ The warning signs that a car might move:
 - ◆ Running engine,
 - ◆ Reverse lights (white lights),
 - ◆ Brake lights (red lights), or
 - ◆ Smoke coming from the exhaust pipe on the vehicle.
- ◆ Help children understand that even if they can see the car and driver, the driver may not be able to see them.
- ◆ Establish the driveway as a 'no play' zone.



Prevention Tips for Child Pedestrians Walking Safety Tips



- ◆ Be predictable. Follow the rules of the road and obey traffic signs and signals.
- ◆ Walk on sidewalks whenever they are available.
- ◆ If there is no sidewalk, walk facing traffic and as far from traffic as possible.
- ◆ Keep alert at all times; don't be distracted by electronic devices that take your eyes (and ears) off the road.
- ◆ Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians. Look for cars in all directions, including those turning left or right.
- ◆ If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
- ◆ Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
- ◆ Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.
- ◆ Watch for cars entering or exiting driveways, or backing up in parking lots.

