

# BICYCLE SAFETY

## HELMETS:

- Children should ALWAYS wear a helmet when riding, skating or scooting.
- Make sure your child's helmet meets the U.S. Consumer Product Safety Commission's (CPSC) standards. Look for the label that states the product is approved by the CPSC.
- Make sure your child is wearing the right size helmet. Ensure the helmet fits by following these steps:
  - EYES:**  
Have the child look up while wearing the helmet. He or she should be able to see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
  - EARS:**  
Make sure the straps of the helmet form the letter "V" under your child's ears when the straps are buckled. The strap should be snug but comfortable.
  - MOUTH:**  
Have your child open the mouth wide. The helmet should hug the head. If not, you need to tighten the straps, and make sure the buckles is flat against the skin.
- Replace any helmet that is damaged, or has been involved in a crash.

## CHOOSING A BIKE:

- Bring your child with you when shopping for a bike. Buy the bicycle that fits your child now, not one he or she will grow into.
- Make sure the bicycle's reflectors are secure, the brakes work well, the gears shift smoothly, and the tires are tight and properly inflated.

## SET RULES:

- Make a one-bike, one-rider rule. Children should not ride on, or let others ride on, handlebars or pegs, while another person pedals.
- Children younger than 10 should bike on sidewalks, bike paths or in parks only. Only when your children fully understand the traffic rules, should they be allowed to bike in the street.
- Lead by example. Caregivers should always wear a helmet, and avoid using their phones and texting while riding.

## DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:



## RIDING SAFELY:

- Children should ride on the right side of the road, with traffic, not against it. They should learn to use the correct hand signals, to let drivers know what they are about to do. Teach them to obey all traffic signals and stop signs.
- Teach kids to walk the bicycle across streets and intersections.
- Teach kids to only ride when it is sunny and dry. If it's unavoidable, be sure their bicycle has a headlight and working reflectors. Have them wear reflective clothes and accessories, so motorists can see them better.
- Long or loose clothing can get caught in bike chains or wheel spokes, so avoid these types of clothes when bike riding.

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