

**Preventing injuries.  
Protecting our future.**



## **Bicycle Safety**

Learning to ride a bicycle is one of the exciting milestones of childhood. Kids experience freedom and independence while enjoying excellent exercise. Though bicycle riding is fun, it is important to be safe and prevent injuries. On the other side of this card are some safety tips to help keep your family safe.

For more information call: (302) 651-KIDS

[www.nemours.org/safety](http://www.nemours.org/safety)

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## Bicycle Safety Checklist


- **Helmet** – Wearing a helmet is the most important way to prevent a head injury.
- **Seat height** – Your feet should be able to touch the ground when sitting on the seat. Your knees should not touch the handlebars when you peddle.
- **Brakes** – Make sure the brakes are in good working condition.
- **Seat and handlebars** – The seat and handlebars should be tightened in place.
- **Tires** – Tires should have enough air and good treads.
- **Chain** – The chain needs to be snug, lubricated and rust-free.
- **Spokes** – All spokes should be checked to be sure they are attached and not broken.
- **Reflectors** – Having well-placed reflectors allows others to see you.
- **Horn or bell** – A functioning horn or bell helps alert others you are riding near or passing.

## Riding Safety

- A well-fitted helmet is your most important piece of safety gear.
- Wear bright-colored clothing so others can see you.
- Avoid wearing loose clothing that can get caught in the pedals or chains.
- Wear shoes that can grip, like sneakers.
  - » Make sure your laces are tied tight.
  - » Avoid riding in flip-flops or bare feet.
- Avoid riding at dusk or in the dark.
- Allow extra time for braking on wet roads.
- Never wear headphones. You need to hear what is going on around you.
- Never have more than one person on a bike at a time.
- Ride on the right side of the road and obey traffic lights, signals and signs.
- Know your arm signals: right, left and stop.
- Kids under the age of 8 should not be riding on the road. Kids from 8-10 years old can ride on the street with an adult watching.
- When riding with friends always ride in a single line.
- Be aware of parked cars – they may open their door or pull into traffic.



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## Bicycle Helmet Safety

Wearing a bicycle helmet is the most effective way to prevent a brain injury. When buying a helmet, make sure there is a “CPSC” sticker inside which indicates that the helmet meets tough Consumer Product Safety Commission safety standards.

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## How to Properly Fit a Bicycle Helmet

- Make sure your forehead is covered. A helmet should sit low on your forehead so that the rim is two finger-widths above your eyebrows.
- Chin straps should be snug enough that:
  - » no more than a finger's width can fit between the strap and your chin.
  - » no sudden pulling or twisting can move the helmet around on your head.
- The rear and front straps should join together under your ears forming a "V".

## Additional Helmet Safety Tips

- Always have your helmet buckled when riding.
- Never wear a hat under your helmet.
- Don't throw your helmet on the ground when you take it off. It can damage the helmet.
- As an adult, be a good role model and wear a helmet.



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