

BICYCLE SAFETY

Wear a helmet- Head injuries are the cause of most bicycle-related deaths. If a biking accident occurs, the forehead is usually hits the ground first, which can cause major head injuries. Bicycle helmets help to prevent head injuries. When choosing a helmet, consider the following:

- Have a trained salesperson help you pick out an appropriate helmet
- Try on several helmets and choose the one that is the best fit. The straps should fit snugly and comfortably, and the helmet should sit one inch above your eyebrows
- Make sure there are no cracks or impressions on the helmet

Make sure your bike is a good fit and the appropriate size-Do not ride bikes that are too big or too small for you. Tighten and adjust your bike seat as needed.

Avoid riding directly on the street- Bike paths are designed for bikers! If no bike paths are available, use sidewalks. If you must ride on the street, keep to the far right of the street and ride in the same direction as the traffic, obeying all traffic laws.

Ensure you are always visible- Make sure your bike has proper reflectors and always wear bright colors so vehicle operators can see you.

Set and follow rules- This is especially important when children are involved! Examples of some general rules include:

- Do not ride on busy streets
- Do not ride before sunrise or after sunset
- When riding in the street, obey traffic laws and ride with the traffic
- Do not allow children to leave the driveway

