

Ready to Ride - Bicycle Safety Tips



Equipment: Bicycle and Helmet

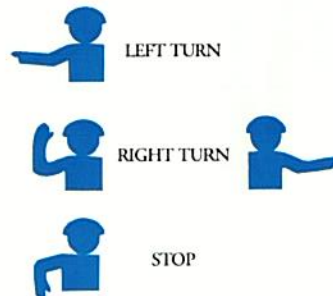


- Choose a bicycle that fits the rider:
 - Lay the riders arm along the top bar with the elbow touching the seat. The finger tips should reach the handle bars.
 - Stand over the bicycle. There should be about 1 inch between rider and the top bar.
 - Adjust the bicycle seat so the rider's feet touch the ground when seated.
- Check the bicycle before riding.
- Tires: Check the tire pressure. Check the tire for tread wear and damage.
- Test the brakes and tightness of the chain.
- Check that the seat and handlebars are tight and the correct height for the rider.
- Wear a correctly fitted bicycle helmet on every ride. Bicycle helmets reduce the risk of head injuries.
- Check the bicycle helmet for cracks or damage.
- Replace a bike helmet if it has a:
 - Crack on the outer shell,
 - Broken or damaged interior foam, or
 - Webbing straps that are frayed or cannot be adjusted to secure the helmet.
- Helmets involved in a crash must be replaced, even if they do not appear to be damaged.
- A bicycle helmet does not have an expiration date, but it is recommended that helmets be replaced every 5 years.



Rules of the Road

- Equip your bicycle with a:
 - White light on the front,
 - Red reflector on the rear,
 - Amber reflector on each side, and
 - Bell or horn.
- Ride on the right side of the road, with traffic.
- Be predictable: Ride in a straight line, whenever possible. Keep to the right, but stay about a car-door width away from parked cars.
- Obey all traffic signs and signals.
- Slow down when you approach an intersection.
- Look Left - Look Right - Look Left again, then look over your shoulder before entering an intersection.
- Use hand signals when turning to communicate with vehicle drivers, bicyclists, and pedestrians.



- A bicycle helmet is required for all bicyclists who are 12 years of age or younger.
- Helmet required when:
 - Operating the bicycle,
 - Riding as a passenger,
 - Riding in an attached restraining seat or trailer.



Note: Never carry a child under age 1 on your bicycle.

Be Safe - Be Seen



- Children younger than 10 years of age are safer riding away from traffic.
- Supervise children to determine when they have the skill and awareness to ride near traffic.
- When riding on a sidewalk, watch for cars entering and exiting driveways. Wear bright colored or reflective clothing when riding, to be more easily seen.
- Make eye contact with drivers. Remember, just because you see a driver does not mean the driver sees you.
- Look and Listen: Look for roadway hazards or anything that could make you lose control of the bicycle. Listen for traffic and be aware of activity near you.
- Ride the bicycle with two hands, unless using hand signals. Use a back pack or bike carrier to transport items.
- Avoid riding in low light conditions. Bicyclists are not easily seen at dusk, dawn, or at night.





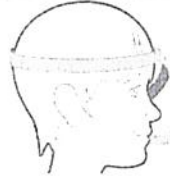
Tips to Properly Fit a Bike Helmet

Always Wear a Bike Helmet...Every Time You Ride!



Measure the head to find the right helmet size.

- Try on several helmets in your size until one fits comfortably. The helmet should be snug and secure on the head before any adjustments are made.
 - The helmet must fit. Never buy a larger helmet that a child will grow into. Replace as the head grows.



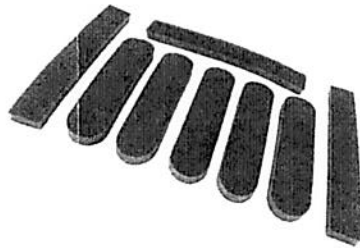
Position the helmet correctly on the head.

- The helmet should be level from side-to-side and cover the forehead.
 - A good rule is one to two finger widths above the eyebrows.



Use sizing pads/universal fit ring to adjust the fit of the helmet.

- Sizing Pads:** Use the sizing pads to adjust the helmet. Insert the padding that makes the helmet fit snugly without being uncomfortable.
 - Universal Fit Ring** If the helmet has a universal fit ring instead of pads, adjust the ring size to fit snugly on your head.
 - To check the helmet fit, place the helmet on head and without buckling the chin strap, shake your head to see if the helmet moves from side-to-side. A correctly adjusted helmet will stay in place and not move side-to-side or forward to backward.
 - The helmet will also move the skin on the forehead when rocked back and forth.



Adjust the side straps.

- Most bicycle helmets come with a plastic slider called a "tri-glide" on the straps. The tri-glide joins the straps to form a "V".
 - Adjust the slider on both straps to form a V shape under, and slightly in front of, the ears. Lock the slider, if needed.
 - The front and rear strap of each V should be snug when the tri-glide is positioned just below the earlobe.



Adjust and secure the chin strap.

- Buckle the chin strap.
 - Tighten the strap until it is snug.
 - The chin strap must be tight enough to prevent the helmet from moving, but allow enough room to fit no more than 2-fingers between the chin strap and the chin.



Test the fit of the helmet.

- Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
 - Does the helmet rock back more than two fingers above the eyebrows?
 - If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
 - Does your helmet rock forward into your eyes?
 - If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
 - Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.



Look for the U.S. Consumer Products Safety Commission (CPSC) sticker on the inside of the helmet. This standard provided more coverage of the head for children between the ages of one and five, providing them more protection.

Young children on bicycles suffer a higher proportion of head injuries than older bicyclists. Under CPSC's standard, bicycle helmets for children ages 1 to 5 cover a larger portion of the head than helmets for older persons, thus providing additional protection.

