



# Bike safety

Biking is fun, good exercise and good for the environment.  
Here are a few tips to help keep you safe.

## **Wear a helmet**

Wear a helmet that fits properly. It is the best way to lower head injury and death from bike accidents.

## **Check the fit**

You should have a slight bend at the knee when you are sitting on the bike and with one pedal all the way down.

## **Complete the ABC Quick Check:**

**A is for Air.** Check the air in your tires to make sure they are properly inflated.

**B is for Brakes.** Check your brakes to make sure they are working the way they should.

**C is for Chain.** Check the chain to make sure it moves freely, is lightly oiled, and free of rust and gunk.

**Quick is for Quick Release.** Make sure all of your quick releases are closed. Find them on the tires and seat post.

**Check.** Take a few moments to ride slowly and check that your bicycle is working well before you ride.

## **Supervise**

Children should be watched by an adult until they can safely ride on their own. Bike paths and parks are safe places to ride.

## **Follow the rules of the road:**

- Ride on the right side of the road with traffic. Do not ride against it.
- Ride in a straight line. Don't change directions suddenly.
- Stay as far to the right as possible.
- Stop at all stop signs and red lights.
- Walk your bike across the street using the crosswalk.
- Look left, right and left again when crossing.
- Make eye contact with drivers as you cross.
- Wear clothes and things that are bright or reflect. This helps others see you better.

## **Did you know?**

- Children ages 5-14 are seen in the Emergency Department for bike-related injuries more than any other sport.
- Bike helmets save lives, but less than half of kids age 14 and younger wear them.

[childrenswi.org/safetycenter](https://childrenswi.org/safetycenter)  
[safetycenter@childrenswi.org](mailto:safetycenter@childrenswi.org)



# Take the helmet fit test

Check your helmet fit before every ride.

1

## Eyes

Put the helmet flat on your head. Look up. You should see the bottom rim of your helmet.

There should only be one to two fingers width from the top of the brow to the bottom rim of the helmet.



2

## Ears

Hold up two fingers. The straps should form a "V" under your ears when buckled. Adjust the buckles so they are right under your ears. The straps should be a little tight but comfortable.



3

## Chin

There should be two fingers flat under your chin between you and the strap.



## Learn proper hand signals

When riding your bike, it is important to let motorists know where you plan to go.

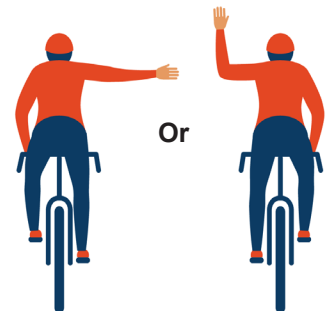
Use these hand signals to show drivers when you are turning or stopping.



Stopping or slowing down



Making a left turn



Making a right turn