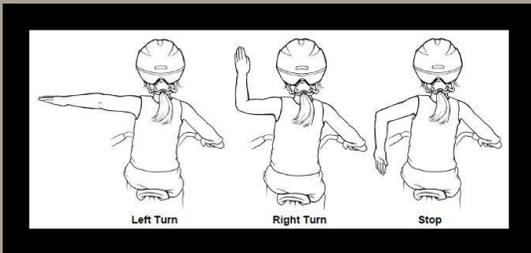


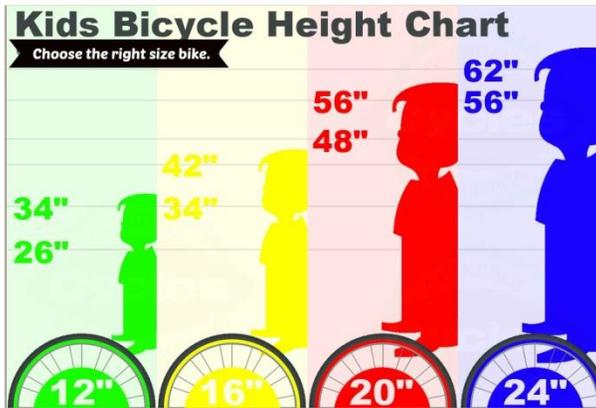
KNOW YOUR TRAFFIC SIGNS



Discuss the meaning of signs your child may see while riding a bike.



DOES YOUR CHILD KNOW THESE SIGNALS?



CHOOSING A SAFE BICYCLE.

When choosing a safe bicycle for your child, consider the following points:

- Look for a bike that is simple, safe, sturdy, and durable.
- Children can lose control and be injured on a bike that is the wrong size. Make sure they can reach the ground.
- Use training wheels that are made with strong steel and thick rubber.
- Choose a bike with a chain guard.

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BICYCLE SAFETY

WHAT YOU NEED TO KNOW



KEEPING
YOU SAFE ON
TWO
WHEELS.



A helmet that does not fit will not protect. It should:

- **Fit snugly.**
- **Have a front edge that rests less than 1" above eyebrows.**
- **Have a chin strap that is tight, centered, and always fastened.**
- **It should sit squarely and securely. Test by placing 1-2 fingers above the eyebrows.**

USE YOUR HEAD, WEAR A HELMET!

Does my child really need a helmet?

The simple answer is yes.

- 600 children are killed each year in bicycle-related accidents.
- 60% of children's injuries occur on minor roads, usually within one mile of the home.
- 60% of bicycle injury deaths in children are a result of severe head injuries.
- 85% of all head or brain injuries could have been avoided if cyclists wore properly fitted bike helmets.

What will it cost?

Helmets sell in bike shops from \$30 and up, or in discount stores for around \$10 and up. A good shop helps with fitting. A good fit is important for safety.

Do I buy a new helmet every year?

No. Heads grow less than legs and feet. Many child helmets come with an adjustable fitting ring. Some have two sets of foam fitting pads. You can start with thick pads and use the thinner pads as your child's head grows. The fitting pads do not affect the impact protection of the helmet provided by the firmer crushable polystyrene foam.

When do I replace my helmet?

Replace any helmet when your child crashes in it. Impact crushes some of the foam. The helmet is less protective although the damage may not be readily visible. Helmets soften impact, so the child may not even be aware that their head hit until you examine the helmet for damage. Replace the buckle if it cracks or if any piece of it breaks off.