

Bike Safety: It's Easy

Teach your child these important bike safety tips:

① Look both ways when crossing the street.

- Look left and right.
- Make sure the path is clear.
- Walk the bike across the street.

② Keep both hands on the handlebars.

- Use a basket, bike rack, or backpack to carry things.

③ Be easy to see.

- Wear light colored clothing, such as a white t-shirt.
- Ride during the day. It is the safest.
- Have reflectors on the front and back of the bike.



• Warn others when coming up behind them.

- Say, "on your left" or "on your right."
- Use a horn or bell.

• Be alert!

- Watch out for potholes, sand, and rocks on the road.
- Ride slow enough that it is easy enough to stop quickly if needed.

• Always obey traffic signs.

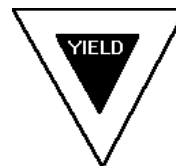
STOP signs:

Come to a complete stop.



YIELD signs:

Slow down and look for cars, people, or other bikes.



Bike Helmets

Ask your child to think of other people who wear helmets.



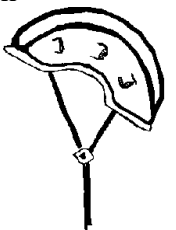
football players
firefighters
astronauts
race car drivers

- Without a helmet, children can be seriously hurt or even killed just riding around in their own neighborhoods or driveways.
- A child only has to fall 2 feet from the ground to injure their head.
- Head injuries are involved in almost all bike related deaths.

Helmets are almost 100% effective in protecting against head injury.

A Good Fit Is Important

- A helmet should not slide around on your child's head.
- Helmets should be placed straight on top of the head and fit snugly.
- Always fasten the helmet strap.



Safety Tips

Remember to teach your child to follow these important safety tips when riding a bike.

- Always wear a helmet.
- Ride the bike on the sidewalk whenever possible. It is the safest place.
- Ride single file, not side-by-side.
- Watch out for cars in driveways and cars that are backing up.
- Never ride on a bike's handlebars.
- Walk the bike across the street.
- Do not ride the bike when it is raining or snowing outside.
- Be sure to stop at stop signs.

For More Information Please Contact:

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Grand Rapids, MI 49503

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Copies of this brochure are available on the Kent
County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

Bike Safe...



Bike Smart!

A pamphlet parents can use to teach their elementary school-aged children about:

- Bike safety
- The importance of wearing a helmet.