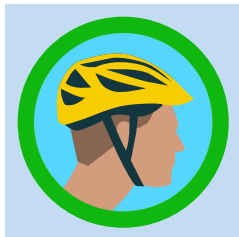




TIPS



Always wear a properly fitted helmet.



The top of a bike helmet should rest about the width of 1-2 fingers above the eyebrows.



A helmet that has been in a crash should never be reused.



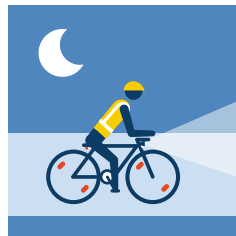
Always make sure the bicycle is age appropriate and all parts of the bicycle are functioning properly.



Make sure a child never rides their bike alone.



Children should avoid riding at night or in bad weather.



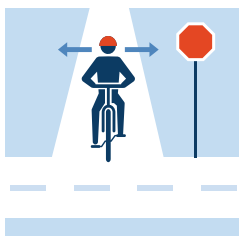
It is important to wear bright colored and reflective clothes.



It is important to wear proper closed toed exercise shoes.



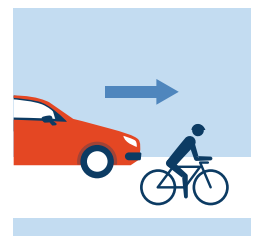
Don't let your child wear headphones or listen to music while riding, this may distract them and lead to injury.



If your child rides on the street, it is important to teach them all rules of the road and ensure they obey traffic laws to keep themselves safe.



The same helmet cannot be used for sports and biking. Each helmet is specifically designed for that sport.



Ride on the sidewalk when possible. If you must ride in the street, ride in the same direction as traffic and as far on the right-hand side as possible.

STATISTICS

- Each year, about 300,000 children visit the emergency room because of bicycle injuries.
- Head injury is the leading cause of death in bicycle crashes and is the most important determinant of bicycle-related death and permanent disability.
- Bicycle helmets have been shown to reduce the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.
- It is estimated that 75 percent of fatal head injuries among child bicyclists could be prevented with a bicycle helmet.