

## THE FACTS

Bicycles can be fun but unfortunately they can be dangerous. They are associated with more childhood injury than any other consumer product except the automobile. You can greatly remove the risk of head injury by simply wearing a helmet.

For more safety information, visit [www.lebonheur.org/safekids](http://www.lebonheur.org/safekids)



**Get into the  
"Helmet Habit"**

## SAFETY TIPS

- Ride so that drivers and cyclists can see you.
- Look both ways for oncoming vehicles before crossing a street. Go only when completely clear.
- Watch out for potholes, cracks, rocks, wet leaves, storm grates, railroad tracks or anything that could make you lose control of your bicycle.
- Make sure that the bicycle fits your height, weight and age.
- Inflate tires properly.
- Check brakes before riding.
- Wear bright colors when cycling. Make sure your bicycle has reflectors.
- Never ride when it's dark.
- Bikers should ride one behind the other and with the flow of traffic.

## GET THE GEAR!

### FEATURED ITEM - A HELMET

- Make it a rule that everyone must wear a helmet on every bicycle ride. (Toddlers, too). Only use helmets that meet or exceed Consumer Product Safety Commission standards.

- Good helmet fit is essential. Do the Eyes, Ears and Mouth Check:

**Eyes:** Position the helmet on your head. Look up. You should see the bottom rim of the helmet, one to two finger widths above the eyebrows.

**Ears:** Make sure the straps of the helmet form a "V" under your earlobes when buckled. The strap should be snug, but comfortable.

**Mouth:** Open your mouth as wide as you can. Do you feel the helmet on your head? If not, tighten the straps.

- Where to buy - Bicycle shops, discount stores
- Helmet prices begin at \$10.00