BICYCLE SAFETY

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