

Injury Prevention Check List

Bicycle Safety

The American Academy of Pediatrics and the Department of Transportation say every year nearly 270,000 children ages 14 and under are treated in hospital emergency rooms for bike related injuries. Nearly 50 percent of children 14 and under hospitalized for bicycle-related injuries are diagnosed with a brain injury. Motor vehicles are involved in the majority (more than 90 percent) of bicycle-related fatal crashes. Any child who rides without a bicycle helmet increases his/her risk of sustaining a head injury in a crash, and increases the risk of being involved in a fatal crash.



- Always wear a helmet that complies with US Consumer Product Safety Commission standards
- Helmets must fit properly (i.e. never purchase large helmets that children can “grow into”)
- Helmets must be worn properly
- Helmets should rest flat on the head
- Secure the chin strap so that the helmet fits snugly
- Helmets that have been through a crash should be discarded and replaced
- Always use a bicycle that is the correct size for your child
- Maintain bicycle in good repair, and remember to check the brakes
- Try to ride in areas that are away from traffic
- Stop and look both directions before turning into a street
- Always watch for cars
- Walk bicycles across busy intersections
- Learn and obey all traffic rules, signs, and signals
- Use hand signals
 - Left arm straight out = left turn
 - Left arm bent up at the elbow = right turn
- Ride on the right side of the road
- Kids under 10 years of age should only ride on the sidewalk
- Be visible to cars by wearing bright clothing
- Use reflectors and lights at night
- Don't carry large objects while riding
- One person per bicycle: no riding on handlebars
- Two hands on handlebars
- Do not use headphones while riding bicycles