

Be
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HELMET YOUR HEAD

Safety Tips For Bicyclists



ValleyMetro.org

There are many reasons to ride a bicycle— for fun, for fitness, for the environment, for sport and for transportation. You can ride alone, with friends or as a family. The following are a few tips for preventing injury by ensuring that you wear a properly fitting helmet.

Bike Helmet Basics

- Buy an approved bike helmet – it will have a CPSC, ANSI, or Snell Institute sticker on the inside. Helmets are important for everyone to wear, not just children.
- Make sure the helmet fits properly.
- Use the foam fitting pads provided with the helmet to ensure the fit is snug yet comfortable.
- The rim of the helmet should be one inch from the eyebrows and parallel to the ground.
- Adjust the straps so the 'Y' on each side of the helmet meets just below the ear.
- The chinstrap should be securely fastened and adjusted every time the helmet is worn.
- Make sure you wear a helmet **EVERY TIME** you ride a bike, skateboard, scooter or rollerblade.

- Replace any helmet that has been involved in a crash. Even if a helmet does not look damaged, the foam liner may be crushed and may not provide protection during another impact.
- You should replace your helmet every **two years** and store it in a cool place – not the hot garage. Heat cuts helmet life in half!
- Make sure your bike is the right size and in good repair. A bicycle that is too large is hard to control. The bicycle should be free of mechanical defects (loose chains, broken brake cables, loose handlebars, damaged pedals, etc.) and equipped with reflectors and lights.

Bike Injuries— Know the Facts

Brain injuries are not limited to street incidents. They occur in parks, driveways, bike paths and sidewalks. Always wear a helmet when biking in the park, on driveways and when riding on bike paths and sidewalks – whenever you ride a bike, even if it is “just down the street.”

- Head injuries account for more than 60 percent of bicycle-related deaths.*
- A very high percentage of cyclists’ brain injuries can be prevented by a helmet, estimated by different studies at anywhere from 45 to 88 percent.*
- Non-helmeted riders are 14 times more likely to be involved in a fatal crash than helmeted riders.*

* *Bicycle Helmet Safety Institute.*

Tips for Getting Your Child to Wear a Helmet

Help your child establish the helmet habit early. Although helmet use should start with tricycle riding, it’s never too late for your child to start wearing a helmet. You should:

- Set a good example for your child—wear a helmet when you ride.
- Help your child learn to fasten the buckle and adjust the straps so that he or she can put the helmet on before riding.
- Stress that bicycling safely is good training for driving other vehicles—bikes are not toys, but a child’s first mode of transportation.
- Praise and reward your child for wearing a helmet. Your child may feel strange wearing a helmet—your support is positive reinforcement.
- Be firm in your rules. Don’t let your child ride without a helmet—no helmet, no bicycling. Compare it to wearing a seat belt in the car.
- Be consistent. Plan outings together when everyone wears his or her helmet.
- Encourage other parents to buy helmets for their children. It’s “cool” if all the kids are wearing them.



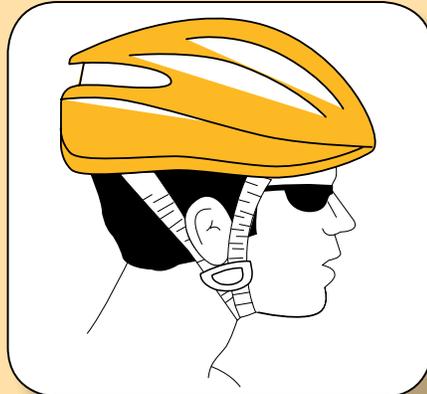
For more information, visit ValleyMetro.org or contact 602.262.RIDE (7433).

Helmet Your Head

Bike Safety Tips

Be Safe

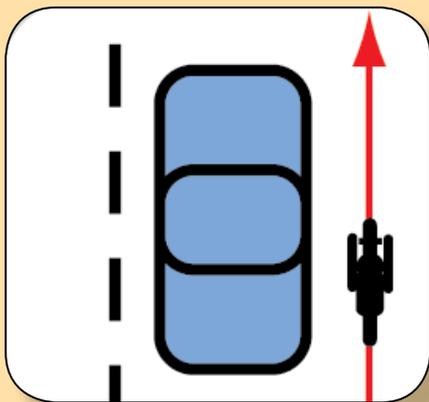
Always wear a helmet and obey the rules of the road.



Be Seen

Wear bright and reflective clothing when you ride your bike. Use a white headlight and a red rear reflector or red taillight at night.

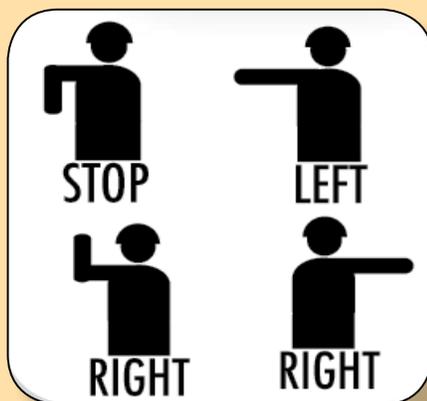
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Always ride on the right side of the road, **WITH** the flow of traffic.

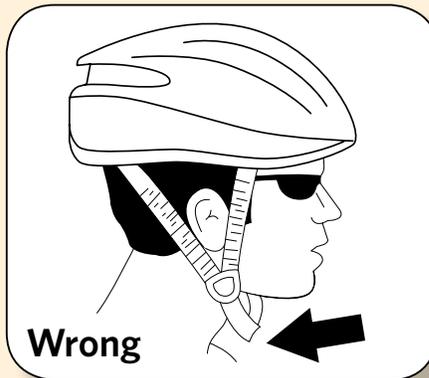
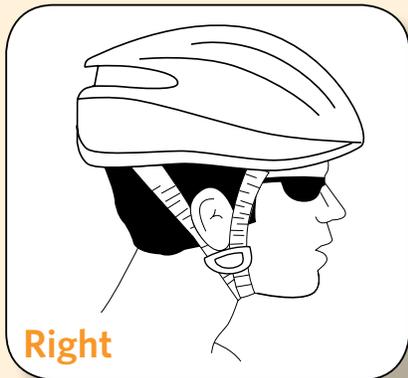
Be Smart

Use hand signals to show your intentions and ride in a predictable fashion.



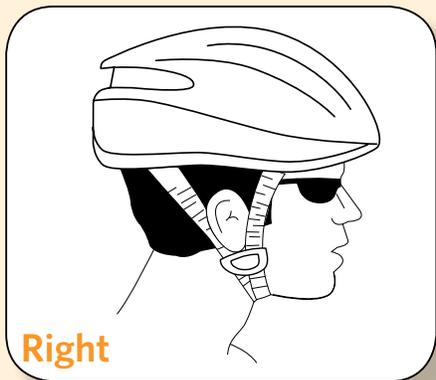
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Helmet Your Head **Bike Safety Tips**



SNUG

Choose a helmet that fits snugly; use the foam pads to adjust for fit and comfort. The front and rear straps should form a “Y” just below each ear. Adjust the buckle on the chin strap until the straps are snug but comfortable when buckled. There should be enough room so you can insert a finger between the buckle and chin.



LOW

The helmet should sit squarely on your head with the front of the helmet low on the forehead, just above the eyebrows.

LEVEL

The helmet should be level, not tilted forward or backward, or more to one side or the other. A helmet pushed up too high will not protect the face or head in a fall or crash.

NOW FOR THE TEST

After the helmet has been adjusted, shake your head left, right, up and down. If the helmet wobbles or comes off, it's too loose. Make the necessary adjustments, which might include adding extra foam pads or adjusting the straps. If that doesn't work, try another helmet size.

