

# Spring Bike Safety Tips for the Family

As the weather gets warmer, children will be outside walking, bicycling and playing. Drivers should slow down and be extra cautious in and around areas where children may be present. Parents and caregivers should also share the following information with children to improve their safety.



## The Right Fit!

**PROPER FIT:** It is important for the child's bike and helmet to be the right size for them. Choosing a bike the child can "grow into" makes it difficult for the child to safely ride now. A helmet cannot protect a child's head if it is too big, too small or not properly adjusted.

### How To Fit A Bike:

1. Lay your arm along the top bar with the elbow touching the seat. Your fingertips should just reach the handlebars.
2. Straddle the bike. There should be about one-inch between the top bar and your crotch.
3. Adjust the seat so you can sit on the seat and balance on your toes.

**Always** wear a properly fitted bike helmet and ride a bike that is the right size for you.

Before each ride:

- ◆ Check that the wheels spin freely without rubbing;
- ◆ Check that the handlebars and seat are tight and straight; and
- ◆ Check that the brakes work on the bike.

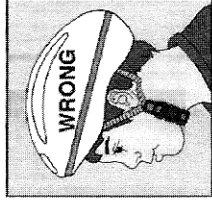
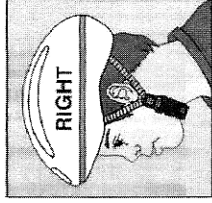
When exiting a driveway, **stop, look left, look right, then look left again,** and exit only when there is no traffic.

- ◆ Ride single file.
- ◆ Ride on the **RIGHT** with the flow of traffic.
- ◆ Do not ride in the wrong direction on one-way streets.
- ◆ Obey all traffic control devices, (signs and signals).
- ◆ Use proper hand signals to indicate turns.
- ◆ Give the right-of-way to pedestrians.
- ◆ Do not carry passengers, (unless on a certified bicycle child seat).

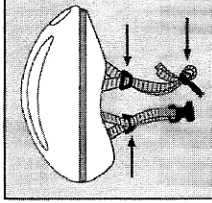
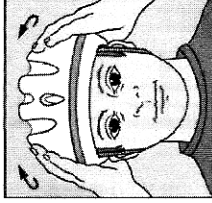
## How to fit a helmet:

Every new helmet should meet the U.S. Consumer Product Safety Commission Standard (CPSC) and display a label stating that it does. Older helmets may have a label that say they meet the ANSI/ASTM or Snell standards.

1. Check the box for the helmet size. Place the helmet level on the head. It should be snug and cover the forehead. Use the foam pads to fit the helmet.
2. Adjust the two side straps so they meet in a "v" right under each ear. Tighten the helmet straps so when buckled, it cannot move from side to side or back and forth.
3. There should be about one finger width of space between the chin and the chin strap.

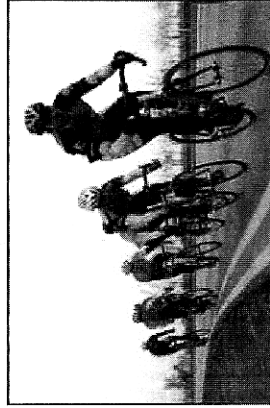


Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

**Check the helmet often to make sure the straps stay snug. Helmets that have been in a crash need to be replaced.**



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## PA Bicycle Helmet Law

**BICYCLE HELMETS** (Act 20, 1991/Act 170, 1994/Act 72, 1995) All children under the age of 12 are required to wear a CPSC, ANSI, SNELL, ASTM, or other nationally approved bicycle helmet when operating, or riding as a passenger on a pedalcycle, or in a trailer towed by a pedalcycle. Wearing a helmet means having a helmet of good fit fastened securely upon the head with the helmet straps. Violators may receive a fine of not more than \$25. The violation shall be dismissed with proof that a helmet meeting the CPSC/ANSI/ASTM or SNELL standard has been obtained.

**NOTE: ALL HELMETS must now meet the US CPSC national standard.**