

## INJURY PREVENTION EDUCATION

# Bicycle Safety

*Bicycle related injuries account for more emergency room visits by children than any other sport in children ages 5-14. Road traffic injuries (to include bicycles) account for a large amount of deaths in children ages 5-19*

Here are some safety tips to keep you and your child safe on the roads.

### **Wear a Helmet**

Wearing a properly fitting helmet is the most effective way to prevent bicycle related death. Helmets reduce head injury by almost 50% and death by almost 30%. Be sure the helmet fits correctly by assuring it rests securely on your head. It should be two fingers from the eyebrow level, form a secure 'V' below the ear when the chin strap is fastened and secure, yet comfortable enough to put 2 fingers between the chin and the chin strap.

### **Be Bright and Be Seen**

Wear bright colored clothing and reflective tape when riding. Avoid riding at dawn, dusk and night. A flashing bicycle light and bicycle reflectors help to increase visibility to motorists around you.

### **Be Alert**

Be alert to your surroundings when riding your bicycle. Watch for potential hazards that can cause you to crash, such as branches, leaves, gravel or rocks, potholes, animals, walking pedestrians, parked cars, puddles or broken glass. If you are riding in a group, you should remain in a single file line. ALWAYS be alerted to motorists. You may be able to see them, but they may not always be able to see you. Use your ears and avoid wearing headphones when riding your bicycle.



### **Check Your Equipment Before Riding**

Perform a quick safety check each time before you ride your bicycle. Be sure the tires have adequate air, the brakes are working, and the chains are in the correct place.

### **Obey the Rules of the Road**

Obey all traffic lights, signs and signals. Walk your bicycle across all intersections. Ride on the right side of the street with the flow of traffic. Use appropriate hand signals to assure motorists are aware of your actions. Stop and look left, right and left again before entering onto a street or roadway.

**Stay safe, and rely on Baptist Health System emergency services, including InQuicker Online Waiting Service. More at [BaptistEmergency.com](http://BaptistEmergency.com).**