

Bicycle safety

Most bicycle crashes take place within 5 blocks of home.

Injuries are 4 times more likely at dawn, dusk or dark.

It is never safe for a child to ride their bike at night, even if they wear reflectors.

Head injuries can happen anywhere. Children should wear a helmet on every ride.

- Helmets can prevent about three out of four deaths in children.
- Almost 9 out of 10 critical brain and head traumas can be prevented with a bike helmet.
- Riders without helmets are 14 times more likely to be killed in a crash.
- 1 in 7 children will receive head injuries as a result of a bicycle crash.

Helmets should fit on top of the head. They should cover the forehead without moving or sliding. The chin strap should be snug.

Always wear a bike or multisport helmet that meets Consumer Product Safety Commission (CPSC) standards for bike helmets. Do not wear other types of helmets. They are designed for different types of impact.

A child should be able to sit on the seat with hands on the handlebars and place the balls of both feet on the ground. This is the right size bike.

Children learning to ride a bike should have foot brakes. Hand brakes require more strength and coordination.

Children should ride with traffic rather than facing it. Almost 1 out of 4 bicycles hit by cars were bikes facing traffic.

- Each year 100 children die and 300,000 visit the ER for injuries from bike related accidents.
- Bike riders must follow all traffic rules.
- Teach children to check left-right-left before they enter an intersection.
- Almost 1 out of 3 accidents occur at an intersection.
- Males account for almost 9 out of 10 bicycle deaths for those 19 and under.

In one study, bike accidents with cars went down by more than half if children wore bright colors while riding.

Using bike paths reduced car accidents with bikes by 90%.

Babies under 1 year should not be on a bike or wear a helmet because of their weak necks.

