

Kid's Bike Safety: Tips for Parents

HELMETS

Proper use of bicycle helmets reduce the risk of serious head and brain injury by up to 88%.

✓ When your child rides a bike, always have them wear their helmet. Set a good example by wearing yours when you bike.

✓ A helmet should sit level on the head, not tipped forward or back. Side straps should come to a V under the ear. Chin straps should be snug. To get a good fit on top of the head, use thicker or thinner foam pads on the inside of the helmet. (Extra pads should come with the helmet.)

BICYCLES

✓ When you buy your child a bike, make sure the dealer fits the bike to your child. If a bike is too big, your child could get hurt.

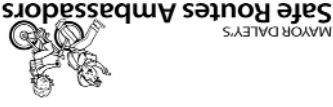
✓ Before your child rides, do a quick check for safety:

1. Tires have enough air to feel solid.
2. Brakes stop the bike.
3. Chain has enough oil so that it doesn't squeak or look rusty.
4. Quick release (if the bike has them) levers are tightened and closed.

ROAD RULES

Make sure that your child:

- ✓ Rides on the sidewalk until you say it's OK to ride in the street.
- ✓ Uses hand signals when turning and stopping.
- ✓ Calls out or uses a bicycle bell before passing someone who's walking.
- ✓ Wears light colors and uses front and rear lights when biking at night.
- ✓ Stops and looks for traffic before riding onto or crossing a street.
- ✓ Obeys all traffic signs and signals.



Richard M. Daley, Mayor

For more information, call (312)744-3019 or visit www.ChicagoWalks.org

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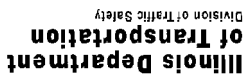
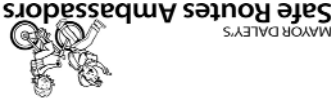
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