

Bike and Helmet Safety

When out on a bike or other equipment such as skates, scooters, skateboards or sleds, wearing a helmet will keep you safe and injury-free. These tips will help ensure your helmet fits just right, and that you're mindful while out having fun.

Use your head - wear a helmet

- Look for the Consumer Product Safety Committee (CPSC) sticker inside the helmet. This ensures the helmet will provide a high level of protection in the event of an impact.
- If considering a hand-me-down helmet, never buy or use one that is cracked, broken or has been in a crash.

The Fit Test



EYES Check:

Position helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be 1-2 finger-widths above your eyebrows.



EARS Check:

Ensure the straps of the helmet form a 'V' under your ears when buckled. The strap should be snug but comfortable.



MOUTH Check:

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten straps and ensure the buckle is flat against your skin.

Rules of the Game

Equipment & Maintenance

- Bike size should be appropriate for age and height.
- Ensure reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
- Avoid wearing long or loose clothing.

Keep an Eye Out

- Actively supervise children. Limit riding to sidewalks, parks or bike paths.
- Be alert and watch for cars and trucks. Make eye contact with drivers to promote communication between biker and driver.
- Ride on the correct side of the road. When stopped, look left, right and left again before entering a street or crossing area.

Be Bright, Use Lights

- Ensure your bike has reflectors.
- Wear clothes and accessories that have retro-reflective materials and light colors to improve visibility to motorists.
- Consider using a headlight to boost visibility