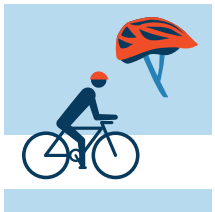


# Bike Safety Tips



Cycling is a fun and eco-friendly way to get around, but it's important to stay safe while riding. Follow these simple steps to keep yourself and your loved ones safe on the road.

## Simple Steps to Bicycle Safety



### Protect Your Head

Always wear a helmet. Make sure your helmet fits snugly, and your child can put it on correctly.



### Avoid Riding at Night

If you must ride after dark, make sure you have bike lights (white in the front), reflectors (red in the back), and wear bright clothing during low-light conditions like dawn, dusk, or cloudy days.



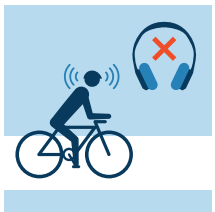
### Dress to be Seen

Wear bright, reflective clothing both day and night to increase your visibility.



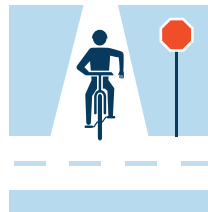
### Obey Traffic Rules

Just like motor vehicles, cyclists must obey traffic signals and signs.



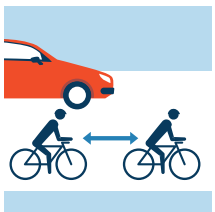
### Stay Alert and Avoid Distractions

Never wear headphones, listen to music, or use your phone while riding. Stay aware of potential hazards such as car doors, garbage bins, or children playing.



### Use Hand Signals

Cycling hand signals help communicate your intentions to others. Make sure you know the proper signals to indicate turns and stops.



### Be a "Roll" Model

Set a good example for others by creating and enforcing family bicycle safety rules, including helmet use, following the rules of the road, and riding predictably.



For more information, email [traumaeducation@mhs.net](mailto:traumaeducation@mhs.net)

# Bike Safety Tips



## How to Check if Your Helmet Fits Correctly



### Eyes

Place the helmet on your head and look up. You should be able to see the bottom rim of the helmet.



### Ears

Make sure the straps form a V shape under your ears when buckled. The straps should feel snug but comfortable.



### Mouth

Open your mouth as wide as you can. The helmet should hug your head. If it doesn't, tighten the straps.

*Remember, a well-fitting helmet can save lives!*

## Use Hand Signals



### Stop

Extend your left or right arm out to the side, bend your elbow at a 90-degree angle, with your hand pointing downward and your palm facing backward.



### Left Turn

Extend your left arm out to the side with all fingers extended or use your index finger to point left.



### Right Turn

Extend your right arm out to the side with all fingers extended or use your index finger to point right. Or, extend your left arm out to the side, bend your elbow at a 90-degree angle, with your hand pointing upward and your palm facing forward.

## Learn More About Bike Safety!

Scan the QR codes for additional tips, resources, and safety guidelines.



AAA Honor Roll



Safe Kids Worldwide  
Helmet Fit Test



NHTSA



Johns Hopkins  
Helmet Safety



For more information, email [traumaeducation@mhs.net](mailto:traumaeducation@mhs.net)