BICYCLE SAFETY TIPS

Riding a bike can be a great time, but before you get on make sure your bike is safe to ride. You should always check your bike to make sure all parts are secure and working correctly.

Key bicycle safety tips:

- **Wear a Properly Fitted Bicycle Helmet.** A helmet that does not fit well will not protect your brain from possible injury if you fall.

- **Adjust Your Bicycle to Fit You.** While standing next to your bike, make sure there is 1 to 2 inches between you and the top handlebar (for a road bicycle) and 3 to 4 inches if you ride a mountain bicycle. The seat should sit level front to back, and should not be wobbly. The seat height should allow for a slight bend at the knee when the leg is fully extended. Handlebar height should be level with the seat.

- **Check Your Equipment.** Before hoping on to ride, make sure both tires are inflated and your brakes are working properly.

- **See and Be Seen.** No matter what time of the day it is, you need to be seen by others. Wear neon, fluorescent, or other bright colors when riding during the day or night; this will help others see you. Wearing something that reflects light, like reflective tape or flashing lights will make you even more visible to others. Remember, just because you can see the driver in the car, does not mean that they can see you.

- **Control Your Bicycle.** Always make sure at least one hand is on the handlebars, and if carrying items, use a bicycle carrier or backpack.

- **Watch For and Avoid Road Hazards.** Keep an eye out for hazards such as potholes, broken glass, gravel, puddles, leaves, or animals. Any one of these hazards could cause a crash. If you are riding with friends and you are in the lead, make sure to shout to your friends to warn them of any upcoming hazards.

- **Avoid Riding at Night.** Riding at night is not recommended for children. Night time is far more dangerous because it is harder for others to see. If you have to ride at night, wear something that will make you stand out to others. Use reflectors on the front and back of your bicycle, as well as on your tires (white lights on the front and red rear reflectors are required by law in many States).

Many bicycle-related accidents that result in injury or death are linked to the rider not practicing proper bicycle safety. To increase your safety while riding a bicycle, always wear a helmet AND follow the rules of the road.

Advocate Children’s Hospital

4440 West 95th Street || Oak Lawn, IL 60453 || 1.855.312.KIDS || AdvocateChildrensHospital.com
RULES OF THE ROAD – BICYCLING ON THE ROAD

Bicycles in many states are considered vehicles, which means that riders have the same rights and responsibilities to follow as motorists.

When riding your bike, always make sure to:

• **Go with the Traffic Flow.** Bike with the flow of traffic, not against it.
• **Obey all Traffic Laws.** Since a bicycle is considered a vehicle, and you are the driver, you will need to obey all traffic signs, signals and lane markings.
• **Yield when Appropriate.** It is better to slow down and check the surroundings to ensure it is safe to continue pedaling rather than guess what a car or pedestrian will do next.
• **Be Predictable.** Ride in a straight line and do not swerve in and out of cars. Always signal your moves to others.
• **Stay Alert at all Times.** Use your eyes AND ears at all times! You may not hear traffic if you are riding a bicycle with headphones on.
• **Look Before Turning.** When turning, always look behind you to check for a break in traffic, and then signal your direction before turning.
• **Watch out for Parked Cars.** Ride far enough away from the curb to avoid possible hazards from parked cars (like doors opening, or cars pulling out).