



Bike

SMART

A bike is a kid's first vehicle. Be sure your children know these rules before zipping down the driveway.



Watch your head. Wearing a properly fitted bike helmet is a must for any rider on any bike – even a tricycle. Only use helmets labeled by the Consumer Product Safety Commission (CPSC).

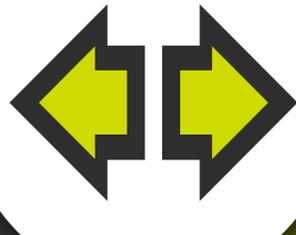
Check your bike. Before riding, test brakes and tire pressure. Adjust seat and handlebar height at least once a year.



Follow "Rules of the Road." Ride on the right, in the same direction as other motorists. Obey all traffic signs, signals and lane markings. Children under age 10 are safer riding on the sidewalk.



Look left, then right, then left again. Stop and look both ways before entering a street or crossing an intersection. Always enter at a corner, not between parked cars.



Get off and walk. At busy intersections, it's safest to walk your bike across the street, following traffic signals.



Bike in the light. Don't ride at dusk or in the dark. If it's too late, call home for a ride.



Get noticed. Even in the daytime, wear bright, neon or fluorescent colors. Attach reflectors, reflective tape or flashing lights to the front and back of your bike.



Stay together. Don't ride alone. Go with at least one friend so you can get help for each other in case of emergency.



Prevent theft. When not riding, lock your bike to an immovable object. Steel U-locks are the most secure.



clevelandclinic.org/HealthHub



SOURCES:

<http://www.healthychildren.org/English/safety-prevention/at-play/Pages/What-Kids-Should-Know-When-Bike-Riding.aspx>

<http://www.nhtsa.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/>

<https://www.nationalbikeregistry.com/proplock.html>