

Bicycle safety

begins with always
wearing a helmet

- Bicycling is a fun activity and good exercise for the whole family, but if safety precautions are not followed it also can be dangerous, especially for children.
- Each year, about 100 children are killed in bicycle-related incidents, the majority from head injuries. Another 280,000 riders are treated in emergency rooms.
- Young children are five times more likely to be injured in a bicycle crash than riders age 15 and older.
- Most bicycle/motor vehicle crashes occur on “quiet” residential streets.

Helmets

Bike helmets reduce the risk of head injury by 85 percent and the risk of brain injury by nearly 88 percent. Begin the “helmet habit” as soon as children start riding tricycles and other outdoor toys with wheels. Insist that they wear a helmet every time they ride. Set a good example by wearing your helmet when you ride too. It soon will become a natural part of the biking routine.

- Let children select a helmet they like and find comfortable.
- Make sure it is a bicycle helmet and that it has a label showing approval by the United States Consumer Product Safety Commission.
- The helmet should fit the head snugly and not be so large that it covers the eyes and ears.
- Adjust the chinstrap so the helmet stays in place and sits level on the top of your child’s head.
- Once a helmet has been worn in a crash, it must be replaced.

Why is bicycle safety so important?

Bike riding is a lot of fun, but accidents happen. Apart from car accidents, bicycles contribute to more childhood injuries than any other consumer product. That is why knowing the rules of the road and wearing a bike helmet are so important. A correctly worn helmet doesn’t mean you can be reckless, but a helmet will provide some protection for your face, head and brain in case you fall.



Led by



Take the helmet fit test



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



Ears: Make sure the straps form a "V" under your ears when buckled. The straps should be a little tight but comfortable.



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Photos provided by Safe Kids Worldwide.

Keeping the bicycle safe

Your child needs a safe bicycle. Don't buy a bike for your child to "grow into." Your child should be able to put the balls of both feet on the ground when sitting on the seat.

The bike should have a horn or a bell. A flag also makes it more visible. Keep the bike in good repair by inspecting these parts regularly:

Wheels	No loose or broken spokes or screws
Tires	Firm to the touch, with no cuts, cracks or bulges
Seat	Secure, not wobbly
Reflectors	Front and rear, fastened tightly, clean and without cracks
Brakes	Smooth and responsive
Handlebars	Tight grips on each handle
Chain	Oiled and tight

In an emergency

If you believe your child needs emergency care, contact your child's doctor, call 911 or bring your child to the emergency department at Norton Children's Hospital or Norton Children's Medical Center any hour of the day or night.

Norton Children's facilities have the staff, equipment and technology to handle almost any pediatric emergency, from a fever to a life-threatening injury. Norton Children's Hospital is Kentucky's only full-service, free-standing hospital dedicated exclusively to caring for children from birth through age 18. We are committed to the health and safety of all children.

For more information on bicycle safety and the rules of the road, or to inquire about free fact sheets on a variety of health and safety topics, call **(502) 629-KIDS** or **(844) 629-KIDS**, or visit NortonChildrens.com.

Pulling together for Norton Children's Hospital

Norton Children's Prevention & Wellness is supported by the Children's Hospital Foundation. The Children's Hospital Foundation raises funds exclusively for the not-for-profit Norton Children's Hospital and its sister facilities. Through donations, volunteers and community support, we are able to provide funding for equipment, new technologies, clinical research, child advocacy and health education for patients, families, medical staff and the community.

Help us continue Norton Children's mission to care for all children, regardless of their families' ability to pay, and to serve as a community resource for kids' safety and health.

To learn how you can help, call **(502) 629-8060** or visit HelpNortonChildrens.com.