

## Bike Safety

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Have you hugged your head today?  
Wear a helmet.



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# Bicycles are linked to more childhood injuries than any consumer product except the automobile.

- Make sure your child wears a helmet at all times when cycling, skating or skateboarding.
- Measure your child's head before buying a helmet. Then, be sure you get the right size.
- Ensure children wear their helmets properly; loose helmets may not protect a child's head in a crash.
- The helmet should sit centered on top of the head, and not rock back and forth or side to side.
- Tighten the chin strap snugly under the chin.
- Make sure your child is riding a bike that is the right size.
- Inspect your child's bike for proper maintenance. This includes checking the brakes, chain, handlebars and seat to ensure they are working properly.



## Teach your child these rules:

- Ride in the same direction as traffic, on the far right side of the road.
- Use hand signals when making turns.
- Walk your bike across the street at crosswalks.
- Ride in a single-file line.
- Use reflectors on your bike.
- Wear bright colors so other people and drivers can see you.

Kohl's Injury Prevention Program

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For information on keeping your kids safe and upcoming family events, visit us at [www.safekids.chop.edu](http://www.safekids.chop.edu).

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