

Bicycle Child Safety

Bicycle child safety is crucial. We as parents need to enforce rules and teach our children the proper safety lessons to insure safe riding for all kids.

Bike riding is a great way to get exercise and fresh air and share time as a family. Bike riding is a lot of fun, but accidents happen.

Every year, about 300,000 kids visit the emergency room because of bike injuries. It is important to remember that a bicycle is not a toy; it's a vehicle. So, what are some bicycle child safety tips we can all learn?



- The first rule of riding scooters, skateboards, bikes, and rollerblades is "Wear a Helmet". Studies show that 74-85% of bicycle related head injuries could be prevented with the proper use of a helmet.
- Dress your children in bright colors when riding. Light and bright colored clothing can easily be seen by motorist.
- Tuck away shoelaces or other strings or cords. Untied shoelaces dangle--they may get caught in the moving parts of your bike. Loose or baggy clothing can also be dangerous--so make sure you wear snug clothes.
- Young children should never ride at dusk or at night. Depending on the age of your child or whether or not you are with them, riding at night just isn't a good idea for a young child.
- When entering a sidewalk, path or driveway, stop completely. Look left, right and left again. Always knowing what is around you insures safety for both your child and motorist.
- Buy a bicycle that is the correct size for your child. A child who has been given a bicycle that he/she will "grow into" is much more likely to be injured in an accident than a child with a properly sized bicycle.
- Ride in the same direction as traffic, using the extreme right side of the road.
- Use proper hand signals when stopping and turning.
- When riding with a group, you should ride single file.
- Obey all traffic rules.

Parents should teach children basic traffic rules and make sure they ride in safe places.

Bicycle child safety is very important for the health of young children.

Kids learn by watching their parents and in turn they copy what they see. We set good examples by practicing safety and following rules.