

# Bicycling Safety



More than 350,000 children visit the emergency room each year from bicycling injuries. Parents need to check the condition of their children's bicycles to ensure it is safe to ride. Brakes, wheel alignment, chain/chain guards, reflectors, seat pedals, handlebars, tires, axle nuts, and bearings should all be evaluated and repaired or adjusted as necessary. Here are other important safety tips:

- Always wear a bicycle helmet. This simple measure can save lives.
- Select the safest route to school by avoiding busy streets and intersections.
- Be alert for cars coming out of driveways and parking spaces. Also watch for cars opening doors and vehicles stopped at cross streets.
- Obey all traffic rules and signs.
- Always ride with traffic and as close as possible to the right side of the road and in single file. Younger riders should use sidewalks when possible and yield to pedestrians. Walk your bicycle across busy intersections.
- Most bicycles can carry only one person. Don't carry passengers.
- Make sure all roadways are clear before entering.

**All bicyclists should know and use proper hand signals:**

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**Left turn:** left hand and arm held straight out, pointing left

**Right turn:** left hand and arm held straight up or right arm held straight out, pointing

right

**Stop:** left hand and arm held straight down