Teach your child these important bike safety tips:

1. **Look both ways when crossing the street.**
   - Look left and right.
   - Make sure the path is clear.
   - Walk the bike across the street.

2. **Keep both hands on the handlebars.**
   - Use a basket, bike rack, or backpack to carry things.

3. **Be easy to see.**
   - Wear light colored clothing, such as a white t-shirt.
   - Ride during the day. It is the safest.
   - Have reflectors on the front and back of the bike.

- **Warn others when coming up behind them.**
  - Say, "on your left" or "on your right."
  - Use a horn or bell.

- **Be alert!**
  - Watch out for potholes, sand, and rocks on the road.
  - Ride slow enough that it is easy enough to stop quickly if needed.

- **Always obey traffic signs.**
  - **STOP signs:** Come to a complete stop.
  - **YIELD signs:** Slow down and look for cars, people, or other bikes.

- **Without a helmet, children can be seriously hurt or even killed just riding around in their own neighborhoods or driveways.**

- **A child only has to fall 2 feet from the ground to injure their head.**

- **Head injuries are involved in almost all bike related deaths.**

**Helmets are almost 100% effective in protecting against head injury.**

- **A helmet should not slide around on your child's head.**
- **Helmets should be placed straight on top of the head and fit snugly.**
- **Always fasten the helmet strap.**
Safety Tips

Remember to teach your child to follow these important safety tips when riding a bike.

- Always wear a helmet.
- Ride the bike on the sidewalk whenever possible. It is the safest place.
- Ride single file, not side-by-side.
- Watch out for cars in driveways and cars that are backing up.
- Never ride on a bike's handlebars.
- Walk the bike across the street.
- Do not ride the bike when it is raining or snowing outside.
- Be sure to stop at stop signs.

For More Information
Please Contact:

Kent County Health Department
Health Education Section
700 Fuller Ave., NE
Grand Rapids, MI 49503
(616) 336-3037

Michigan Department of Community Health
Violence, Injury, and Surveillance Division
3423 Martin Luther King, Jr. Blvd.
P.O. Box 30195
Lansing, MI 48909
(517) 335-9519

Copies of this brochure are available on the Kent County Health Department web site at www.co.kent.mi.us/health/publications.htm

Bike Safe...

Bike Smart!

A pamphlet parents can use to teach their elementary school-aged children about:

- Bike safety
- The importance of wearing a helmet.