


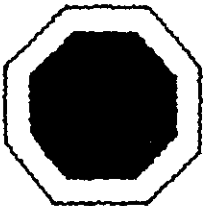
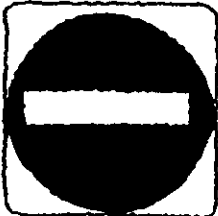





KIDS: Be Safety Smart on Bikes!

- Wear an approved bike helmet.
- Ride a bike that is the proper size for you. You should be able to straddle the bike and put both feet flat on the ground.
- Keep your hands on the handlebars when riding your bike.
- Don't allow anyone to ride on the handlebars or on the back of your bike.
- Check your bike regularly.
- Put reflectors on your bike and wear light colored clothing.
- Know the rules of the road:
 - use proper hand signals for stops and turns.
 - ride in the same direction as traffic.
 - obey all signs and traffic lights.
 - stop and look left-right-left before entering the road.
 - walk your bike across a busy intersection.

Can you identify these traffic signs?

A. _____		D. _____	
B. _____		E. _____	
C. _____		F. _____	

Answers on back

The Illinois EMSC Program has reproduced this safety sheet through funding support from the Mattel Foundation

*This document was originally developed by the
Community Education Department, Riley Hospital for Children, Indiana University Medical Center*

PARENTS: Be Safety Smart on Bikes!

Help protect your child by making sure —

- Your child wears an approved bike helmet. It will have a sticker inside that certifies if the helmet meets the standards of the Snell Memorial Foundation and/or the American National Standards Institute.
- The bike helmet fits snugly, covers the top of your child's forehead, and does not slide.
- Your child's bike is the proper size, is in good repair, and has reflectors. Make certain the tires are inflated and brakes are in good working order.
- Your child knows to keep at least one hand on the handlebars while riding.
- Your child does not wear a headset or headphones while biking.
- Your child does not ask a friend to ride double.
- Young children who can sit well unsupported and whose necks can support wearing bike helmets ride in rear-mounted seat carriers.
- An infant who cannot hold up his head when wearing a small helmet should not ride on a bike.
- Children do not ride bikes in the street until they are able to identify and respond appropriately to traffic dangers.
- Your child knows traffic laws. Bicyclists must obey these same laws.
- Your child knows to stop and look left-right-left before entering a road.
- Children with special needs may require adapted seating to safely secure them on a bike or carrier. For more information, please call Riley Hospital for Children, 317/274-2964.

Traffic Shapes answers:

- | | |
|---|--|
| A. RAILROAD CROSSING: Stop. Obey crossing signals. Always look both ways. Then proceed with caution. | D. ONE WAY: Even bikes must follow the correct direction. |
| B. PEDESTRIAN CROSSING: Slow down. Watch out for children. Always let children and adults pass. | E. STOP: Look both ways before proceeding. |
| C. DO NOT ENTER: Keep out. Very dangerous | F. YIELD: Stop and wait for any cars or people to pass. |