



Helpful Resources

American Academy of Pediatrics
www.aap.org

Centers for Disease Control and Prevention
www.cdc.gov

Children's Medical Center
www.childrens.com

The Safety Source at Children's
214-456-1870

The Safety Source Store at Children's
214-456-2879

Consumer Product Safety Commission
www.cpsc.gov

National Center for Safe Routes to School
www.saferoutesinfo.org

National Highway Traffic Safety Administration
www.nhtsa.gov

Pedestrian and Bicycle Information Center
www.walkinginfo.org

Safe Kids Worldwide
www.safekids.org

Safe States Alliance
www.safestates.org

Texas Department of Transportation
www.txdot.gov

SafetySource | children's
Injury Prevention Service | MEDICAL CENTER

www.childrens.com



Bicycle Safety



Every 
2 MINUTES
a child is treated in the
EMERGENCY ROOM
for a bike-related injury.



MORE CHILDHOOD
INJURIES
occur on bicycles
than any other vehicle except
the automobile.

SafetySource | children's
Injury Prevention Service | MEDICAL CENTER

The Right Helmet

Did you know that wearing a helmet can reduce bike-related head injuries by up to 85%?

Learning to ride a bike is a rite of passage for most children. Helmet use is the single most effective way to reduce bicycle-related deaths. Protecting the brain may mean saving a life. Be sure to visit the Safety Source Store at Children's Medical Center to purchase a helmet at a reduced cost.

Here are some tips you should know:

- ✓ Use the right helmet for the right activity. Not all helmets are the same.



- ✓ Make sure that the helmet has a Consumer Product Safety Commission (CPSC), Department of Transportation (DOT) or Snell sticker inside. These indicate that the helmet has met important safety standards.



- ✓ Establish the rule: No helmet, no bike ride. Children are more likely to wear a helmet when you do.



The Right Fit

Did you know that up to 55% of children don't wear a helmet when riding their bike?

Do the Helmet Fit Test Challenge:

- ✓ **Eyes** – Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be 1 to 2 finger-widths above the eyebrows.



- ✓ **Ears** – Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



- ✓ **Mouth** – Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



The Right Bicycle

Did you know that the right bike fit is just as important as the right helmet fit?

- 1 Stand over the bike. There should be 1 to 2 inches between you and the top bar. You should be able to place both feet flat on the ground while sitting on the bike.
- 2 The seat should be level front to back.
- 3 The seat height should be adjusted to allow a slight bend at the knee when your leg is fully extended.
- 4 The handlebar height should be at the same level with the seat.

Rules of the Road

Make sure to teach your children to watch out for and avoid road hazards.

- ✓ Ride in the same direction as traffic, and always obey all traffic laws.



- ✓ Stop. Look left, right and left again before walking your bike across the street.



- ✓ When riding at night, always wear bright clothing or retroreflective materials so that drivers can see you.

