

Why wear a helmet?

Helmets are the single most effective safety device available to reduce head injury and death from bicycle crashes. Helmets can reduce the risk of severe brain injuries by 85%.

How should a helmet fit?

Teach kids to use the Eyes, Ears and Mouth Test



EYES CHECK: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.



EARS CHECK: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH CHECK: 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.

Use appropriate helmets for different activities

- ✦ Children should always wear a helmet for all wheeled sports activities.
- ✦ A properly fitted bike helmet is just as effective when riding a scooter, roller skating or in-line skating.
- ✦ When skateboarding and long boarding, make sure your child wears a skateboarding helmet.

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Rocky Mountain Hospital for Children

Each day we are inspired by the courage of hundreds of children and families receiving treatment throughout our Family of Care facilities in metro Denver, Colorado. Whether caring for an injured child in an emergency, performing minimally invasive surgery on a newborn or supporting a teen through cancer treatments, we are committed to providing the highest level of care for every child in a variety of locations. Rocky Mountain Hospital for Children at Presbyterian/St. Luke's is the anchor hospital in the system and a destination facility for advanced pediatric and neonatal care.

RockyMountainHospitalForChildren.com



Injury Prevention

HealthONECares.com
HealthONEInjuryPrevention.com

HealthONE Trauma Centers are acclaimed referral centers serving trauma and neurotrauma patients throughout the Rocky Mountain region. HealthONE Trauma Centers provide experienced physicians you can trust, facilities that provides leading-edge technology and staff that cares for patients and families.

In addition, HealthONE provides educational outreach programs and information on a variety of trauma-related topics, including car seat safety, wheeled and pedestrian sports, adult fall prevention and seasonal activities.



The Medical Center of Aurora
Centennial Medical Plaza
North Suburban Medical Center
North Suburban Northeast ER
North Suburban Northwest ER
Presbyterian/St. Luke's Medical Center &
Rocky Mountain Hospital for Children

Rose Medical Center
Saddle Rock ER
Sky Ridge Medical Center
Swedish Medical Center
Swedish Southwest ER

LEADING HOSPITALS. TRUSTED CARE.

Bicycle Safety



**Rocky Mountain
Hospital for Children**



Bicycle Safety

Some bike crashes can cause serious injuries and most are related to the behavior of you (the bicyclist) or the motorist. There are a number of things you can do to prevent a crash and protect your brain if a crash occurs.

While it's always better to stay OFF the streets when riding your bike for fun — especially with kids in tow — please remember the following safety tips and teach your children these good habits.

Safe riding tips

Before riding, make sure you and your bike are ready to ride.

- ❁ **Wear a bike helmet.** Protect your brain, save your life.
- ❁ **Check your equipment.** Before riding, make sure there is enough air in your tires, check that the brakes work and that your bike is adjusted to fit you correctly.
- ❁ **See and be seen.** Whether daytime, dawn, dusk, foul weather, or at night, make yourself visible. Wear neon, fluorescent or other bright colors when riding to make yourself the most visible. Wear something that reflects light, such as reflective tape and/or flashing lights.
- ❁ **Watch for and avoid road hazards.** Look for hazards that may cause a crash, such as potholes, broken glass, gravel, puddles, leaves and dogs.
- ❁ **Use verbal and non-verbal communication.** This includes eye contact with drivers, turn signals, pointing to road hazards for bicyclists behind you and stating "passing on your left," or "on your left."
- ❁ **Avoid riding at night.** It's harder for other road users to see bicyclists at dusk, dawn or nighttime. Use reflectors on the front and rear of the bike. White lights and red rear reflectors or lights are required by law in all states.



Rules of the road

In all states, bikes on the roadway are considered vehicles. Bicyclists have the same rights and responsibilities as other motorists and are required to follow the rules:

- ❁ **Go with the flow of traffic.** Ride on the right side in the same direction as other vehicles. Go with the flow – not against it.
- ❁ **Obey all traffic laws.** As the driver of your vehicle on the road, obey all traffic signs, signals and lane markings.
- ❁ **Yield to traffic.** If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a side walk, a bike path, etc.), slow down, look for traffic and proceed only when the road is clear. Also, yield to pedestrians in a crosswalk.
- ❁ **Be predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- ❁ **Stay alert at all times.** Use your eyes AND ears. Look for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations. And don't use personal electronic devices when riding.
- ❁ **Look before turning.** When turning left or right, always look behind you for a break in traffic and then signal before making the turn. Watch for left- or right-turning traffic.
- ❁ **Watch for parked cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening or cars pulling out).

Where to Ride Safely

Common sense dictates that taking children for a bike ride on heavily traveled streets is a bad idea. Look for parks, paths and places void of cars and "serious" mountain bike riders.

- ❁ Use bike lanes or bike paths, if available. A lane or path is a safer choice than riding on a sidewalk.
- ❁ Riding on sidewalks puts you in a place where cars do not look for or expect to see moving traffic especially at driveways and intersections.
- ❁ Watch for vehicles coming out of or turning into driveways.

- ❁ Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
- ❁ Enter a street at a corner and not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.

Kid Safety Tips: Keep an Eye Out

- ❁ Actively supervise children until you're comfortable that they are responsible to ride on their own.
- ❁ Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10. Limit riding to sidewalks and be careful for vehicles in driveways, parks or bike paths. No matter where you ride, teach your child to stay alert and watch for cars and trucks at all times.
- ❁ Children should be able to demonstrate riding competence and knowledge of the rules of the road before cycling with traffic.

Model and teach good behavior

You'd be surprised how much kids learn from watching you, so it's extra important for parents to model proper behavior. Wear a helmet, even if you didn't when you were a kid.

For more information visit:

- ❁ HealthONEinjuryPrevention.com
- ❁ RockyMountainHospitalForChildren.com
- ❁ www.nhtsa.gov/bicycles and www.safekids.org
- ❁ <http://colobikelaw.com/law.php>



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