



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter

3 Rules to Follow When Biking

1. **Always** wear a bike helmet
2. **Pay attention** to traffic sights and sounds
3. **Know and obey** traffic laws

#bikehelmetssafety

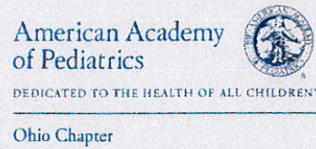


Safety Pledge

I Promise to...

- Always wear my bike helmet
- Pay attention to traffic sights and sounds
- Wear bright colors so drivers can see me
- Ride or walk with a friend or in groups
- Know and obey traffic laws
- Be careful around parked cars

Signature: _____



Wear a Properly Fitting Helmet

Fitting

<p><input checked="" type="checkbox"/> Pads touch head at front, back, sides and top.</p>	<p><input checked="" type="checkbox"/> Not too big or loose.</p>	<p><input checked="" type="checkbox"/> Not too small or tight.</p>
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Wearing

<p><input checked="" type="checkbox"/> Helmet sits level—about 2 fingers above eyebrows.</p>	<p><input checked="" type="checkbox"/> Chin strap is snug. Straps meet just below ears.</p>	<p><input checked="" type="checkbox"/> Vision and hearing are not blocked.</p>
<p><input checked="" type="checkbox"/> Do not wear on back of head.</p>	<p><input checked="" type="checkbox"/> No hats or kerchiefs.</p>	<p><input checked="" type="checkbox"/> No hair in way.</p>

Before Riding: ABC Quick Check

A is for Air. Are your tires pumped up to the proper pressure?

B is for Brakes. Do they stop your bike?

C is for Cranks and Chains. Are they too loose? Do they move smoothly?

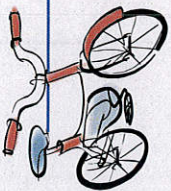
Quick is for the Quick Release levers on your wheels. Do they work?

Check is for check the bike before riding. Does everything seem OK?

You Could Win a Gift Card!

Visit www.ohioaap.org/putalidonit to learn more about the Put a Lid on It! Program and safe biking. Then tell us about how you bike and enter to win!





Bicycle Safety Word Search

AIR
BICYCLE
BRAKES
CHAIN
CROSSING

HELMET
OBEY
PEDALS
REFLECTORS
RIDE

SAFE
SIGNAL
STOP
YIELD
WHEELS

A B C R O S S I N G
C R D E B F H I G K
H E L K U Y I E L D I
T L A I R S P I W C
S E B R A K E S H Y C
I C X V S O D C H E L
S T O P A W A L E E
A O R Z F R L A S E
O S I G N A L N U A

When Riding Your Bicycle...

**BE SAFE
AND
BE SEEN!**



Proper Fitting Helmet

Wear your helmet the right way. Do not tilt it too far forward or too far back. Your helmet should be snug. One finger should fit between the chin and chin strap. Shake your head. If the fit is right, your helmet will stay on tight.



Circle the helmet that is worn the right way.

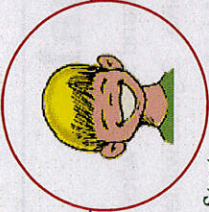
Use the secret code to complete the phrase.

A B C D E F G H I J K L M
 N O P Q R S T U V W X Y Z
 ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻

It is ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻

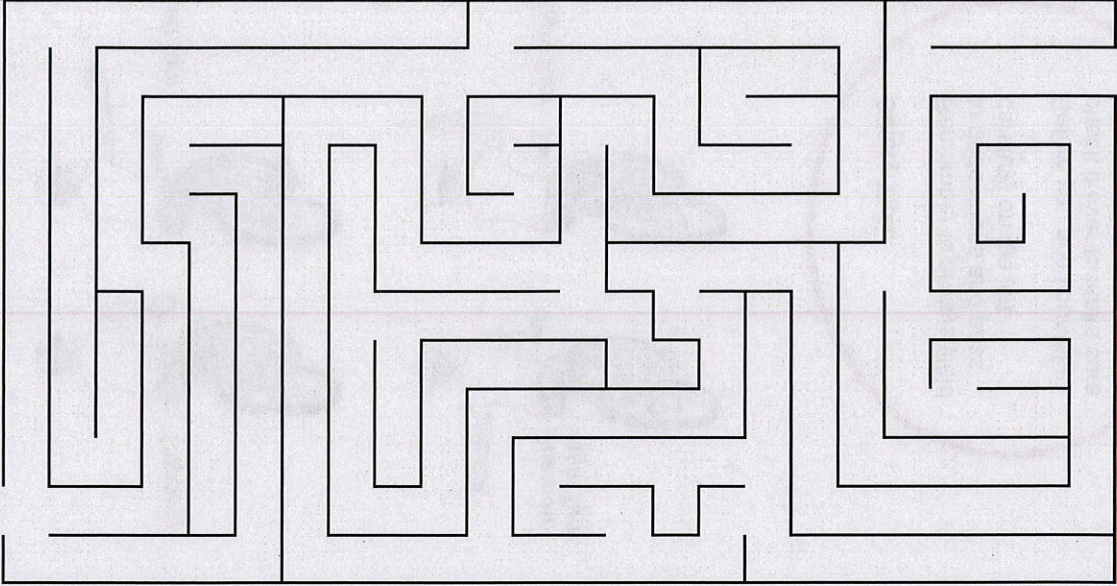
→ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻

△ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻ ↻



To protect my head I wear a helmet. Help me find my helmet.

Start

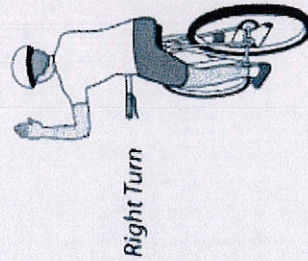
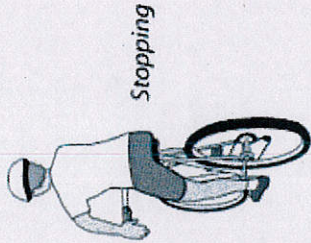
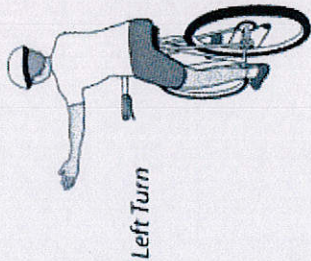


Finish



Hand Signals

Remember to use proper hand signals when turning, or stopping your bike. Signals will let vehicle drivers know your intentions.



Ride Safe

1. Ride with traffic, on the right half of the road.
2. Ride a safe functioning bike. Check **ABC**
A = Tires are properly filled with **AIR**
B = **BRAKES** are working properly
C = **CHAIN** is tight.
3. Obey applicable traffic laws.
4. Ride in control.
 - Ride in a straight line, don't weave.
 - Watch for and avoid road hazards.
 - Don't carry things in your hands that will affect your control.
5. Wear a properly fitting helmet.
6. Use proper hand signals.
7. Be seen. Wear light colored clothing at all times and reflective gear when light conditions are low. Use a headlight and taillight when riding at night.



SMART CHOICES SAVE LIVES!

This brochure was produced by the
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For information: (208) 334-8100, www.itd.idaho.gov/ohs
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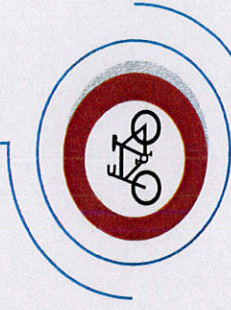
Safety Tips:

Remember to always yield to pedestrians and pass carefully on the left.

Before you ride your bike, check it over to make sure it is safe to ride.

Bicycle

Safety Fun Page



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