

10 Quick tips For Safe Bike Riding

1. Check your brakes, tire pressure & chain before you start.
2. Properly put your helmet on - never ride without one.
3. Be visible. Wear light and bright colors during the day. At night, use a headlight and taillight and wear white or reflective clothing.
4. Always give cars and pedestrians the right of way.
5. Do not weave in and out of parked cars.
6. Always stop and check traffic before riding into the street.
7. Obey all traffic signs and signals.
8. Ride on the right side of the street.
9. Always be alert and pay attention—watch for traffic and other obstacles.
10. Let someone know your ride destination and when you expect to be back.

These bicycle helmets were received through the 2008 West Region EMS Bicycle Helmet Grant.

Please call the Tumwater Fire Department (at the number listed below) prior to your coming in to be sure someone will be here to properly fit you for your helmet.

For more information on Bike Safety and Helmet fitting
Checkout these Web Sites:

www.kidshealth.org
www.helmets.org
www.helmetsrus.net

Tumwater Fire Department
555 Israel Road SW
Tumwater, WA 98501

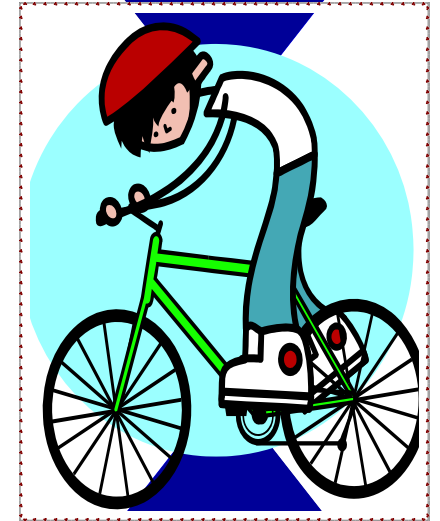
Phone: (360) 754-4170
Regular Business Hours are
Monday—Friday
8:00 a.m. to 5:00 p.m.

Website: <http://www.ci.tumwater.wa.us>



**Always wear
a Helmet**

**Bicycle
Safety**



**Bicycle
Safety**

Bike Helmet

It's a beautiful day—the sun is shining, the birds are chirping. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, let's find out how to stay safe on two wheels.

Why Is Bicycle Safety So Important?

Bike riding is a lot of fun, but accidents happen. Every year, about 300,000 kids go to the emergency department because of bike injuries. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean brain injury. That's why it's so important to **wear your bike helmet**. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your head and brain in case you fall down.

Bike Helmets Are Important!

So important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your bike helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing. **The straps should always be fastened.** If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take Care of Your Helmet



major crash.

You should always take care of your helmet and don't throw it around. That could damage the helmet and it may not protect you as well when you really need it. If you do fall down and damage your helmet be sure to get a new one. They don't work as well after a

Riding a Bike



Riding a bike that is the right size for you can also help keep you safe.

- When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
- There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.
- Make sure your seat, handlebars, and wheels are tight.
- Check and oil your chain regularly.
- Check the tires for the proper amount of air pressure.
- Wear bright clothes and having a reflector on your bike can also help you to be safe.
- Wear the right clothing, make sure nothing can get caught in the chain like loose pant legs or shoes laces.
- Wear the right shoes like sneakers when you ride and never ride your bike barefoot.
- Avoid wearing head phones because you can't hear the noises around you, such as a horn blow.

Where To Ride



You need to check with your mom and dad about where you're allowed to ride your bike. You need to know how far you're allowed to go and whether you should ride on the sidewalk or in the street.

Kids younger than 10 years should ride on the sidewalk and avoid the street. No matter where you ride, you need to keep an eye out for cars and trucks. Even if you're just riding on sidewalks, a car may pull out of its driveway into the path of your bike. If you're crossing a busy road, it's best to walk your bike across the street.

A bike path free of cars is a great choice if there's one in your area. Just remember to share the path with the other riders, walkers, and strollers who also might be using it! And if you're going on a long ride, bring some water along with you.

Keep your eye on the road ahead, so you can be prepared for big hills and road obstacles. Some common obstacles that can cause falls include:

- Wet leaves
- Big puddles
- Changes in the road surface
- Storm grates
- Gravel or rocks
- Curbs
- Small children in your way