



**BUCKLE THAT
BIKE HELMET!**

**SAFE
K:DS**
AUSTIN



Bicycle Safety Tips

Keep your children safe on their bikes.


dell children's
medical center of central texas
A member of the  Seton Family of Hospitals

Make sure the helmet fits and your child knows how to put it on correctly.

A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly. Take the 3 step helmet fit test.

1



EYES:

Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



EARS:

Make sure the straps form a 'V' under your ears when buckled. The straps should be tight but comfortable.

3



MOUTH:

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Wear a Helmet

- We have a simple saying: “Use your head, wear a helmet.” It is the single most effective safety device available to reduce head injury and death from bicycle crashes.

Finding the Right Helmet Fit

- Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children’s helmet should meet the U.S. Consumer Products Safety Commission’s standards. When it’s time to purchase a new helmet, let your children pick out their own; they’ll be more likely to wear them for every ride.

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.

Keep an Eye Out

- Actively supervise children until you’re comfortable that they are responsible to ride on their own.
- Long or loose clothing can get caught in bike chains and wheel spokes. Dress young kids appropriately to ensure a safe ride.
- Before the ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 99 percent - yet only 45 percent of children 14 and under usually wear a bike helmet.



For more information visit:

www.SafeKidsAustin.org



@SafeKidsAustin



Facebook.com/SafeKidsAustin