



Village of Cuyahoga Heights Newsletter ~ June 2017

Fire Department:

SAFETY ON WHEELS

KIDS ON BICYCLES: RIDING SAFELY

Bike riding sends more kids ages 5-14 to the ER than any other activity. But don't go locking up the bikes just yet. Safe bike riding is possible with the following tips.

- Wearing a bike helmet is the best way to reduce head injuries and chance of death from bike accidents.
- Check your child's bike regularly, and make sure the tires are properly inflated and secure.
- Make sure your children wear closed-toed shoes (like sneakers) and avoid long or loose clothing that may get caught in bike chains and wheel spokes.
- It is best for kids to ride their bikes when it's sunny and dry. However, if riding in the rain or dark is unavoidable, make sure that your kids wear reflective or brightly colored clothes and ride bikes with headlights and reflectors, so drivers and pedestrians can clearly see them.
- Make a one-bike, one-rider rule for your children. Children should not ride on, or let others ride on, handlebars or pegs while another person pedals.
- Make sure your child knows to keep two hands on the bike at all times—carrying other objects or using a phone prevents them from doing this. Caregivers can lead by example to make sure something like texting doesn't lead to an accident.
- Teach your child to stay alert and watch for cars, trucks and other people biking, wherever they ride. Keep an eye out for parked cars, and for cars coming out of driveways.

