



Prevent Bicycle Crashes

A MESSAGE FOR PARENTS

- **A bicycle is not a toy. It's a vehicle!**
- More than one-third of all bicyclist deaths occur among school age youth ages five to 20.
- Most bicycle crashes involving motor vehicles are due to behavioral errors on the part of the bicyclist and motorist.
- Although most deaths occur as a result of bicycle and motor vehicle crashes, crashes can happen anywhere - in parks, on bicycle paths, and in driveways. Many do not involve motor vehicles.
- Head injuries are the most serious type of injury and the most common cause of death for bicyclists.
- Studies have proven that bicycle helmets work to reduce head injury.
- Fifteen states and over 50 counties, cities, and localities have enacted bicycle helmet use laws.

Each Year:

Approximately 800 bicyclists are killed, and 60,000 are injured in motor vehicle-related crashes.

Hospital emergency rooms treat 500,000 bicycle-related injuries.

Bicycle helmets are the best protection against mishaps that cause death or injury.

HOW TO HELP STOP FATALITIES AND INJURIES

- Insist that your child wear a helmet every time he/she rides a bicycle. Replace the helmet if it has been damaged.
- Let your child choose a helmet. Make sure it has a sticker indicating that it meets Snell Memorial Foundation or American National Standards Institute (ANSI) standards.
- Instruct your child on the correct way to wear a helmet. Make sure it fits snugly and covers the forehead.
- Set a good example. Wear a helmet yourself.
- Notice when your child wears a helmet correctly and praise him/her.
- Check your child's bicycle for correct fit, properly working parts, and reflectors.
- Teach your child to look left-right-left before entering the roadway or intersection.
- Avoid allowing your child to ride at night, as drivers often miss seeing cyclists.
- Never let a child ride a bicycle while listening to audio headphones.
- Stress the need to ride defensively since many drivers do not see bicyclists.
- Bicyclists should ride single file on the right side of the road -just like cars -and signal their intentions to other road users
- Check with driver licensing agencies and highway departments for booklets that explain bicycle safety rules.
- Enroll your child in a bicycle safety education program if one is available in your community.

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