For more sources on bicycle safety, please visit these sites:

Safe Kids Worldwide
safekids.org

Bike Helmet Safety Institute
bhsi.org

League of Illinois Bicyclists
bikelib.org

Safety Council
safety-council.org

Kids Health
kidshealth.org

American Academy of Pediatrics
aap.org

For questions about this and/or other child advocacy issues, contact Children's Hospital of Illinois Advocacy Center at 1-877-277-6543.

Children's Hospital of Illinois
at OSF Saint Francis Medical Center

OSF® HealthCare

SAFE KIDS PEORIA AREA

KOHL'S Cares

530 N.E. Glen Oak Avenue
Peoria, Illinois 61637

childrenshospitalofillinois.org

PARENTS' GUIDE TO:

Bicycle Safety

Children's Hospital of Illinois
at OSF Saint Francis Medical Center

Riding a bicycle is an exciting and fun activity for children.
However, it is an activity that can be dangerous. In a bicycle crash,
one out of seven children under the age of fifteen suffers a head injury.

When riding a bicycle, be sure your child...

...wears a helmet at all times

- Place the helmet so it rests straight on your child's head. Make sure it is not tilted either way. The front of the helmet should rest about one to two fingers above the eye brow.

- Place helmet straps with the ear positioned between the "V strap". The strap should be secured under the child's chin snugly.

- Check for movement. When your child shakes their head, if the helmet moves, the straps and helmet are not secured tightly.

...rides safely on the road

- Ride with traffic, on the right side of the road, single file.

- Follow all traffic signals.

- Utilize hand signals when riding.

- Touch the ground with feet flat, while sitting on the bicycle.

- Children under the age of one should not ride on a bicycle.

- Do not ride at night.

- Stop at the end of the driveway – look left, right, then left again before starting.

- Wear brightly colored clothes to be seen by motorists.

...cares for their bicycle

- Make sure tires are fully inflated.

- Working lights and reflectors are placed on the front, back and sides of the bicycle.

- Brakes are working properly and are not rubbing the tire.

- Handle bars are attached and secured.