



Bicycle and Skate Safety



Bicycles remain associated with more childhood injuries than any other consumer product except the automobile. Wearing a properly fitted bicycle helmet reduces the risk of brain injury by approximately 90 percent.

TIPS

- ✓ A bicycle is considered a vehicle. Learn the rules of the road and obey all traffic laws:
 - Ride on the right side of the road with traffic.
 - Use the appropriate hand signals to indicate a turn.
 - Respect all traffic signals.
 - Stop at all stop signs.
 - Always look Left, Right, and then Left again before entering a street.
- ✓ Always wear a properly-fitted bicycle helmet when riding a bicycle, scooter, or using skates or a skateboard.
 - A bicycle helmet should fit comfortably and snugly.
 - The helmet should sit level on the head about two finger widths above the eyebrows.
 - The side adjuster buckles should form a “V” directly under the ear lobe.
 - Buckle the chinstrap so that only two fingers can fit between the chin and the strap.
- ✓ Use wrist guards and elbow/knee pads when riding a scooter, or using skates or a skateboard.
- ✓ Helmets should be labeled as meeting the Consumer Product Safety Commission (CPSC) standard for bicycle helmets.
- ✓ Look for the sticker with the helmet manufacturer date, and replace helmets that are over 5 years old.
- ✓ Always replace a helmet after a crash; it has done its job!

911 If you or someone you know is experiencing a life threatening injury or act of violence, please dial 911 immediately.

If you would like more information on injury and violence prevention education and information, call 1-800-732-8333 or email ivp@vdh.virginia.gov