



SAFE COMMUNITY COALITION

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## Bicycle Safety

- Don't allow children to ride their bicycles unless wearing a properly fitted bike helmet. (A helmet should be parallel with the ground and fit snugly. See illustration below and chart on next page.)
- Set a good example and wear a bicycle helmet too.
- Only buy a helmet that has Snell, ASTM or CPSC approved labels. Hockey, football or other sports helmets are not bike helmet substitutes.
- Teach children to be safe bicyclists:
  - Look left, right and left again before entering the street.
  - Go to the edge of parked cars to search for traffic when crossing the street.
  - Look over your left shoulder before moving toward the center of the road.
- Be alert for cars leaving or entering driveways or making turns across your path.
- Obey the same signals and signs as motorists, e.g., stop signs, traffic signs, yield signs.
- Warn pedestrians if you are riding on sidewalks and paths.
- Be sure to use hand signals when biking.
- Make sure children are visible. Use lights and reflectors at night. Wear bright-colored clothes by day.

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## Five-step helmet fit test

<b>Step</b>	<b>Problem</b>	<b>Solution</b>
1. With one hand, gently lift the front of the helmet up and back. The helmet should not move up and back.	Helmet moves back to uncover the forehead.	Tighten front strap to junction. Also, adjust padding thickness and/or position, especially in back. Make sure chin strap is snug. If this doesn't work, the helmet may be too big.
2. With one hand, gently lift the back of the helmet up and forward. The helmet should not move up and forward.	Helmet moves forward to cover the eyes.	Tighten back strap. Make sure chin strap is snug. Also, adjust the thickness and/or position of the padding, especially in the front.
3. Put a hand on each side of the helmet and rock from side to side. Shake your head "no" as hard as possible. Helmet should not move from side to side.	Helmet slips from side to side.	Check padding on sides and make sure straps are evenly adjusted.
4. Open your mouth (lower jaw) as wide as possible, without moving your head. The top of your helmet should pull down.	Helmet does not pull down when opening your mouth.	Tighten chin strap. Make sure the front and back strap junction lies under each ear.
5. Check to see where the front edge of helmet covers your forehead. The front edge of the helmet should be no more than one to two finger-widths from your eyebrows.	Helmet does not cover your forehead.	Position helmet no more than one to two finger-widths above eyebrows. Tighten any loose straps. Make adjustments so the helmet stays over the forehead.

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