

# Bike Smart

## Bike Safety Tips

1. Always wear a properly fitted bike helmet.
2. Brightly-colored clothing helps bicycle drivers to be seen more easily.
3. Choose a bicycle that fits you now. Do not buy a bigger bike and wait to grow into it.
4. Look left, right, left at all driveways and use hand signals to let others know of your intentions.
5. Bicycles must have front and rear reflectors and side-wheel reflectors for higher visibility.
6. Remember to drive your bicycle on the right side of the road and obey all traffic signs and signals, just like a car.
7. Make sure your bicycle is in good condition and properly maintained for as long as you own it.
8. Be aware of roadway hazards such as potholes, rocks, drains, grates, etc., and learn how to maneuver around these obstacles without losing control.

## What is ATSPA?

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization dedicated to trauma prevention and mitigation through education and advocacy.

Our work includes providing presentations and educational materials on many trauma prevention topics, including concussions, water safety, senior falls, bike safety, traffic safety and much more.

As a nonprofit, all presentations and materials are provided free of charge for any organization, school, business, or community group in Pennsylvania.

More information about ATSPA and our programs is available on our website,  
[www.atspa.org](http://www.atspa.org).



Use this QR code to find video instructions on properly fitting a bicycle helmet.



American Trauma Society, PA Division  
2 Flowers Drive, Mechanicsburg, PA 17050  
717-766-1616 • [www.atspa.org](http://www.atspa.org)



## By the Numbers

### Nationally

According to the National Highway Traffic Safety Administration (NHTSA):

- 938 bicyclists were killed in traffic crashes in 2020
- Almost 40,000 bicyclists were injured in bicycle crashes in 2020
- 26% of bicycle fatalities occurred at intersections in 2020

### Statewide

According to the Pennsylvania Department of Transportation (PennDOT):

- More than 20 bicyclists were killed in traffic crashes in 2020
- An average of 800 bicycle crashes occur per year, almost each crash results in a bicyclist injury
- 54% of bicycle fatalities occurred at intersections in 2020

Nearly 75% of bicyclist fatalities are because of head injuries. According to Safe Kids Worldwide, properly-fitted helmets can reduce the risk of head injuries by, at least, 45%. Yet, less than half of children 14 and under usually wear them.

## Fitting a Bike Helmet

1. Place the helmet square on the head with about two finger-widths between your eyebrows and helmet.



2. Adjust the side straps so that a "V" is formed around your ears.



3. Buckle the chin strap and tighten it. No more than one finger-width should fit between the chin and chin strap.



## Bike Helmets Q&A

### 1. Who should wear a helmet?

Anyone older than one year should wear a helmet, regardless of the expected distance or driving surface. Children less than a year old have weak neck structures and the American Academy of Pediatrics does not recommend helmets or bicycle traveling for that age group.

*\*Pennsylvania law requires all children under 12 years of age to wear an approved bicycle helmet.*

### 2. What does it mean to have an approved helmet?

Every new helmet should be labeled that it meets the U.S. Consumer Product Safety Commission Standard (CPSC). Older helmets may state that it meets ANSI, ASTM or Snell standards. Approved helmets will have a sticker indicating that they have passed the safety criteria. Do not purchase a helmet without the approved label.

### 3. Can I continue to wear a helmet that was involved in a crash?

Any helmet involved in a crash should be replaced immediately, even if there is no visible damage. Manufacturers also suggest replacing helmets after five years because of normal wear and tear.