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Bicycle Safety Agenda


- Helmet Fit
- Bike Safety Checklist
- Hand Signals
- Rules for the Road




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Helmet Fitting

- 
• Position
 - Helmets should sit level on your head.
 - Two fingers should fit between your eyebrows and the helmet front.
- 
• Fit
 - Adjust the side straps so that a "V" shape is formed around your ears.
- 
• Strap
 - Buckle your chin strap and tighten it.
 - One finger should fit between your strap and chin.




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Is this the right fit?





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The Right Fit



2 V 1



Image/Material provided by Middlesex Health Unit

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The Right Fit Video




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When should I replace my helmet?

- You are in a crash.
- You drop it hard on the ground.
- It has a crack in it.
- The foam inside is falling apart.
- It's five years old or more.
- It doesn't fit correctly.



Material provided by Middlesex Health Unit


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Bike Safety Checklist



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What are some things you do to prepare before you ride?



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Is your bike ready for the ride?

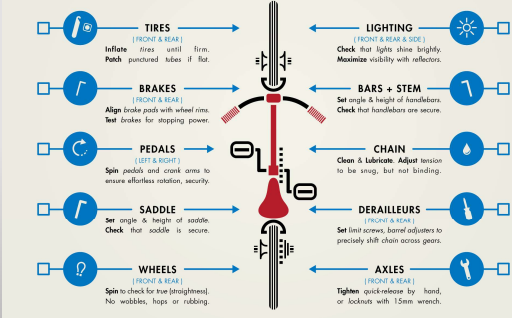



Photo provided by Good and Aaron Kuehn

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Never purchase a bike that is too big for you and expect to grow into it quickly.



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Are you ready to ride?

- **Clothing**
 - Bright clothing.
 - Reflective gear.
- **Shoes**
 - Closed toe shoes are important.
 - Don't forget to tuck in your laces!
- **Materials**
 - Backpack or back basket.
- **Plan your ride!**
 - Map out your route.
 - Tell someone where you plan on going.



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Hand Signals

Left Turn Right Turn Stop

Picture provided by Bike the Valley

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Rules for the Road

- **Stay Alert**
 - Listen to what is happening around you. Avoid any distractions when riding on the road.
- **Follow the flow of traffic**
 - Always ride with traffic, never against it.
- **Obey the laws**
 - Be sure to stop at all stop signs, red lights, and obey all traffic signs.
- **Look for your lane**
 - Always ride in bike safety lanes when they are available.

Remember: In PA, your bicycle is considered a vehicle!

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Bike Safety

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Resources

- Safe Kids Worldwide – safekids.org
- American Trauma Society, PA Division – atspa.org
- Safe Kids PA – pasafekids.org
- Centers for Disease Control and Prevention – cdc.gov
- Toronto Police Services – torontopolice.on.ca
- USDOTFHWA - highways.dot.gov

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Thank you!

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization.

ATSPA Mission
Trauma prevention and mitigation through education and advocacy.

ATSPA Vision
To be the leading provider of evidence-based trauma prevention, education, and resources.

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