

# Bike Safety

Kids: Learn what you can do to stay safe while riding your bike.



- Always wear a bike helmet! Make sure your bike helmet fits by shaking your head up and down and from side to side. If your helmet moves easily, your parents can add the padding provided with the helmet to make a tighter fit. If the helmet still moves easily after that, the helmet is not the right size for you and your parents need to replace it.
- Check with your parents to make sure that your bike is the right size for you.
- Ask an adult to help check your bike's tires and brakes to see if they work properly before riding.
- Wear brightly colored clothing when you are riding your bike and make sure that your bike has reflectors so drivers can easily see you.
- Never ride your bike in the early morning, in low light, or after dark.
- Ride your bike only in places that your parents tell you are safe for you to ride.
- Know the rules of the road and always obey them:
  - use proper hand signals for stops and turns
  - ride in the same direction as traffic
  - obey all signs and traffic lights
  - walk your bike across busy intersections
  - stop and look left-right-left and behind you before riding out into the street

## WHAT'S YOUR SIGN?

Fill in the blanks with the letters that match each hand signal below.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_

- A. right-hand turn
- B. left-hand turn
- C. stopping, slowing down

ANSWERS:  
1-B; 2-A; 3-C



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