

## Riley Red Wagon Safety Series

### A Parent's Guide to Bike Safety

[rileysafetystore.org](http://rileysafetystore.org)



Protect your child's head! When your child wears a properly fitted bike helmet for every ride, he reduces the risk of brain injury by 88 percent.

- Be a role model. Make sure that both you and your child wear an approved CPSC (Consumer Product Safety Commission) bike helmet for every ride.
- For proper fit, place the helmet on your child's head, level to the ground, with no more than two fingers width between the eye brows and the helmet rim. The straps should form a "V" around the ears, and one finger should fit between the chin and the strap. The helmet should not move when your child shakes his head up and down and from side to side. The padding that comes with a helmet can be added for a tighter fit.
- Never buy or accept a used bike helmet, and replace a helmet that has been in a crash.
- Teach your child to obey all traffic laws, such as riding in the same direction as traffic and to use proper hand signals.
- To select the proper size bike for your child, he should be able to sit on the seat and reach the handlebar with both feet flat on the ground. You may need to adjust the seat for his height.
- Check that your child's bike has all its parts, the tires are inflated and the brakes work. Also, attach a bike flag to your child's bike.
- Make sure your child wears brightly colored clothing and that his bike has reflectors and lights. Do not let children ride at dawn or after dark.
- Provide adult supervision for a child just learning how to ride a bike.
- Identify safe places for your child to ride during the day.



**SAFETY EDUCATION  
AND OUTREACH**

INDIANA UNIVERSITY  
School of Medicine  
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