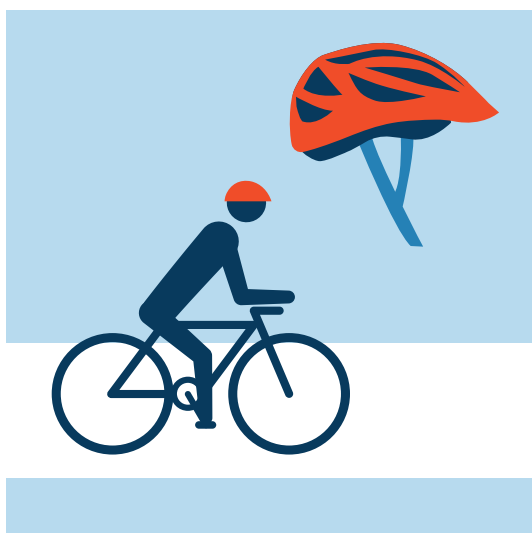


# Bike Safety Tips



Cycling is a fun and eco-friendly way to get around, but it's important to stay safe while riding.

## Simple Steps to Bicycle Safety



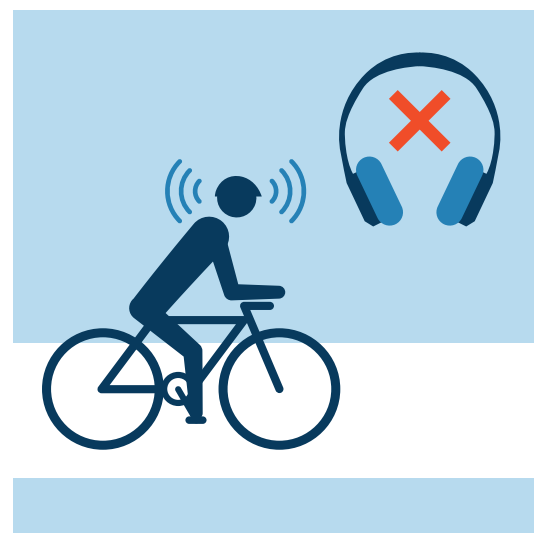
### Protect Your Head

Always wear a helmet and make sure it fits correctly.



### Dress to be Seen

Wear bright, reflective clothing day and night.



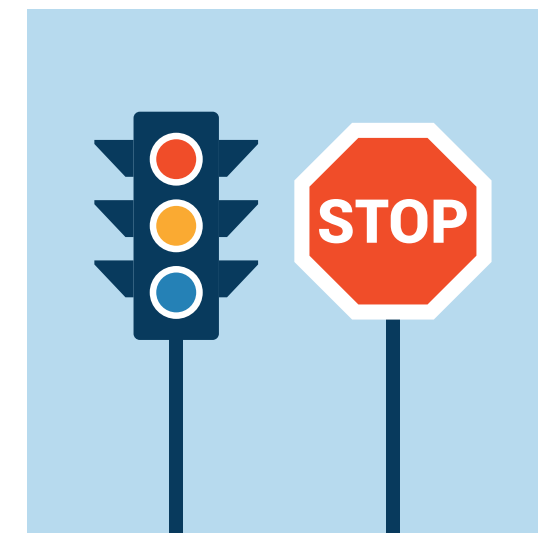
### Stay Alert

Never wear headphones or use your phone while riding.



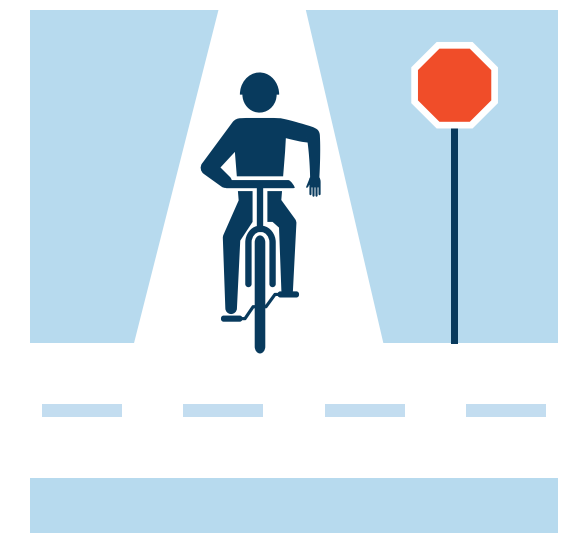
### Limit Riding at Night

If you ride after dark, have bike lights and reflectors.



### Obey Traffic Rules

Obey all traffic signals and signs.



### Use Hand Signals

Make sure you know the proper signals to indicate turns and stops.

## Ensure Your Helmet Fits Correctly



### Eyes

Place the helmet on your head and look up. You should be able to see the bottom rim of the helmet.



### Ears

Make sure the straps form a V shape under your ears when buckled. The straps should feel snug but comfortable.



### Mouth

Open your mouth as wide as you can. The helmet should hug your head. If it doesn't, tighten the straps.

## Learn More About Bike Safety!

Scan the QR codes for additional tips, resources, and safety guidelines.



AAA "Roll" Model



NHTSA Bicycle Safety



Safe Kids Worldwide - Helmet Fit Test



Johns Hopkins Helmet Safety

**Remember, a well-fitting helmet can save lives!**

For more information, email [traumaeducation@mhs.net](mailto:traumaeducation@mhs.net)



**Memorial**  
Regional Trauma Center  
[mhs.net/injuryprevention](http://mhs.net/injuryprevention)

**SAFE**  
**KIDS**  
BROWARD COUNTY