

## When to replace a helmet

Replace any helmet that has been involved in a crash, or is damaged.

## The helmet should fit now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

## The helmet should be comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet that fits well prior to any adjustments

## Model safe behavior

Everyone—adult and child—should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes. Wearing a helmet each ride can encourage the same smart behavior in others.

**A bicycle helmet can protect your head and brain ONLY if you wear it! each time you ride!**

A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children age 5 to 14 go to the hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws ensure the safety of our children.

State helmet laws can be found at:

[www.helmets.org/mandator.htm](http://www.helmets.org/mandator.htm)

### Clackamas Fire District #1



**Your Friend for Life!**

11300 SE Fuller Road  
Milwaukie, OR 97222  
503-746-2600

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# BIKE SAFETY



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## Does this helmet fit?



### How to fit a bike helmet:

- The helmet should sit level on the head and low on your forehead—one or two finger-widths above your eyebrow. It shouldn't be tilted forward or backward.
- Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps.
- Adjust the slider on both straps to form a "V" shape under, and slightly in front of the ears. Lock the slider if possible.
- Buckle your chin strap. Tighten until it is snug, so no more than one or two fingers fit under the strap.
- Open your mouth wide... big yawn! The helmet should pull down on the head. If not, re-adjust for a good fit.

## Be sure to check:

- Tires - inflate to the level that is recommended on the sidewall of the tire
- Chain - oil it regularly and remove dirt
- Handlebars - adjust for height as your child grows and tighten all bolts
- Brakes - check for frayed cables and replace worn out brake pads
- Seat - keep the seat level and adjust for height as needed

## Safe clothing

- Fluorescent or bright-colored clothes will help kids be visible on the road. Avoid dark colored clothing, especially during dusk and twilight hours.
- Lightweight clothes will help them avoid becoming overheated.
- Pant legs should not be too loose or flared. They could get caught in the chain.
- Choose shoes that grip the bike's pedals. Cleats, shoes with heels, or flip-flops can all create problems while riding. Kids should never ride barefoot!
- If a child wears a backpack while riding make sure straps are tied up to avoid getting caught in spokes or the chain.

## Rules of the road for bike riding

- Stop at all stop signs, obey traffic lights, yield to pedestrians and be very careful at intersections.
- Always ride in the same direction as the cars do. Never ride against traffic.
- Try to use bike lanes or designated bike routes whenever you can - not the sidewalk!
- Never ride at dusk or in the dark.
- Watch traffic closely for turning cars and cars leaving driveways.
- When riding in groups, always ride single file on the street.
- Always walk the bike across busy intersections using the crosswalk and following traffic signs.
- When passing people or bikers on the street, pass on their left and call out "On your left!"
- Never share the seat with a friend or ride on the handlebars.

