

Maimonides
Children's Hospital

Brooklyn's *Only* Pediatric Trauma Center

Bicycle Safety



Bicycle-related injuries are one of the leading causes of trauma in children. Keep your children safe with these easy tips:

Safety Tips

- Children should know the rules of the road, follow traffic patterns, and use proper hand signals for turning
  - » Children 12 years and younger should ride on the sidewalk
- Bicyclists should wear bright colors and reflective clothing; use headlights, tail lights, and reflectors on bike wheels; and use a bell or horn at intersections
- Teach children the importance of wearing a properly-fitted helmet to prevent head injury and death.
  - » Helmets are **required** by New York State Law for cyclists ages 13 years and younger
- Ride with your children and make sure they are comfortable before letting them ride alone



Helmet Fit Test

EYES: When children look up, they should see the bottom rim of the helmet

EARS: Straps should form a "V" under children's ears. The straps should be tight, not uncomfortable

MOUTH: Have your children open their mouths as wide as they can. The helmet should be tightened until it is snug



For more information on bicycle safety and proper helmet fit, visit www.safekids.org
Visit nyc.gov/bicycle for NYC bicycle laws, as well as to find out about free helmet fittings and giveaways

For Injury Prevention Information
Call 718.283.2828 or email injuryprevention@maimonidesmed.org

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