Hey Kids!
I’m Scout. Did you know...

...that bikes cause more childhood injuries than any other play product, except cars? Here are some quick tips. And be sure to follow my Safety Tips on the other side!

✓ Before riding your bike, always tell your Mom or Dad.
✓ Before getting on your bike, put on your helmet, flat on your head, buckled snugly.
✓ When riding your bike always have an adult with you.
✓ When riding your bike on a sidewalk, look out for cars backing out of driveways and alleys.

See what older kids can teach your parents-other side!

Pro Consumer Safety
proconsumersafety@gmail.com
Family = Helmets!

**We must wear a Helmet, Every Ride!**
- They cost about $25 or we risk at least a $100 ticket
- When we wear our helmet, flat on our head, & buckled snugly, if we crash, we are 88% less likely to get a brain injury and end up in the hospital.
- We need to wear a helmet for all wheeled sports activities. And Yes we can get a ticket for not wearing a helmet even while riding these too! So:
  - A bicycle helmet is worn for roller/incline skating or scooter.
  - A skateboarding helmet is worn for skateboarding or longboarding.

**For my Mom & Dad**
- Wear your helmet, flat on your head, buckled snugly.
- Remember, you are my role model - so I learn from you!

**For my younger brothers & sisters**
- We must make it a habit from their first time on a tricycle, bike, or roller skates they wear a helmet and it's flat on their head, and buckled snugly!
- It's a simple rule: "No Helmet - No Bike, Skateboard, Roller Skates, or Scooter"
- I’m their role model. So I wear my helmet!

4. **Before Riding Our Bikes!**

**1-Test My Bike Fit:** I grow fast. Take me to a bike shop to test that my bike fits me. If not I can crash more easily.

**2-Test My Helmet:**
- **Eyes:** Put the helmet on my head. Look up with my eyes & see my helmet.
- **Ears:** I buckle my straps snugly & they must make a “V” under my ears.
- **Mouth:** I open my mouth wide & my helmet should hug my head. If not tighten the straps.

3. **Bike Condition:**
- Reflectors secure
- Brakes work
- Gears shift smooth
- Tires on tight & inflated

5. **When Riding Our Bikes!**

**AGES 12 & UNDER - when riding on a sidewalk:**
- The pedestrian has the right of way
- Watch for cars backing from driveways & alleys
- When you come to an intersection:
  - Stop when the RED "Hand Pedestrian" sign turns on.
  - Cross when the “White Walking Man” sign turns on, check Left, Right, Left before crossing.

**AGES 13 years & OLDER - “ONLY WITH AN ADULT”, when riding on a street:**
- Bikes travel with traffic-always on the right side
- Use hand signals when turning
- Once cross at crosswalks and intersections
  - Stop and look Left, Right, and Left again
- When you come to an intersection:
  - Stop when the “RED” traffic signal is on.
  - Cross when “GREEN” traffic signal is on, check Left, Right, Left before crossing.

For my Mom & Dad
- Wear your helmet, flat on your head, buckled snugly.
- Don’t get hurt, who will care for me?
- Remember, you are my role model - so I learn from you!

Practice & teach these Safety Tips to your parents & younger siblings!