



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter

## Bike Helmet Safety Awareness 2016: Get Involved to Keep All Kids Safe While Biking

Wearing a helmet every time you ride a bike is a proven way to save lives! Each year, the number of people injured by not wearing a bike helmet is 51,000 – enough people to fill nearly half of Ohio stadium!

Since 2011, the Ohio AAP has operated the Put a Lid on It! Campaign to promote Bike Helmet Safety Awareness. Millions of people have heard the message of helmet safety through the campaign, and by the end of 2016 almost 30,000 helmets will have been provided to Ohio children in need. For the second year, in 2016 the Ohio AAP is partnering with the Ohio Department of Transportation (ODOT) to distribute bike helmets to organizations around the state for their communities. In 2015 this program made over 26 million media impressions, distributed 9,300 helmets, engaged 250 partners, and supported 120 local community events.

You can help take steps to encourage helmet use, even if you only have five minutes. Some ideas:

- Share this flyer with the children (and adults) in your life to promote helmet use and safe biking.
- Post message on your Twitter feed and Facebook page before and during the week of May 9 – 21 – samples are available in our toolkits. Use the hashtag #BikeHelmetSafety.
- The Put a Lid on It! webpage is a resource for all partners and the public, and includes a variety of educational materials and links. Please visit <http://ohioaap.org/PutALidOnIt> and share with anyone who rides a bike.

### PUT A LID ON IT!

#### WEAR A HELMET FOR EVERY RIDE

##### Helmet Fit

- To find the right size helmet, put one on your head without fastening the straps.
- The front of the helmet should be level and two-fingers width above your eyebrows.
- Shake your head from side to side: There should only be a little movement.

##### Helmet Adjustment

- The side straps should come to a point just below your ears - move the small tabs on the side of these straps up or down until they are a half an inch or less under your ear lobe.
- The chin strap should be about half an inch below your chin when your mouth is closed.
- Wearing a bike helmet with loose straps is the same as not wearing a bike helmet at all.

### BASIC BIKE CHECK

#### (JUST REMEMBER: ABC QUICK CHECK)

##### A is for Air

- Inflate tires to the pressure listed on the side of the tire
- Use a pressure gauge to insure proper pressure
- Check for damage on tired and replace if damaged

##### B is for Brakes

- Inspect pads for wear; replace is there is less than ¼" of pad left
- Check pad adjustment; make sure they do not rub the tire
- Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way

##### C is for cranks and chain

- Pull your cranks away from the bike – if they are loose, tighten the bolt
- Check your that your chain is free of rust and gunk

##### Quick is for quick releases

- Make sure your quick releases are all closed
- They should all be pointing to the back of the bike, so that they don't get caught on anything

##### Check is for check it over

- Take a quick ride to check that it is working properly

### Questions? Comments? Ideas? Contact Us!

Please direct any communication about the Put a Lid on It! Program to Hayley Southworth through email at [hsouthworth@ohioaap.org](mailto:hsouthworth@ohioaap.org) or phone at (614) 846-6258.



## Bike Safe: Know the Rules of the Road

### Prevent Common Crashes

•There are two main types of crashes: the most common (falls), and the most serious (the ones with cars). Regardless of the reason for the crash, prevention is the name of the game; there are things you can do to decrease your risk of a crash.

### Be Prepared Before Heading Out

- Drive a bike that fits you—if it's too big, it's harder to control the bike.
- Drive a bike that works—it really doesn't matter how well you drive if the brakes don't work.
- Wear equipment to protect you and make you more visible to others, like a bike helmet, bright clothing (during the day), reflective gear, and a white front light and red rear light and reflectors on your bike (at night, or when visibility is poor).
- Plan your route—if driving as a vehicle on the road, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path.

### Improve Your Riding Skills

- Practice. No one learns to drive a vehicle safely without practice and experience; safely driving your bike in traffic requires the same preparation. Start by driving your bike in a safe environment away from traffic (a park, path, or empty parking lot).
- Take an on-bike class through your school, recreation department, local bike shop or bike advocacy group. Confidence in traffic comes with learning how to navigate and communicate with other drivers, bicyclists, and pedestrians. Review and practice as a safe pedestrian or bicyclist is great preparation for safe driving.

### Ride Smart

- Be serious; don't mess around in traffic. While biking is fun, driving around traffic isn't a game, and your bike isn't a toy.
- Ride one per seat, with both hands on the handlebars, unless signaling a turn. Carry all items in a backpack or strapped to the back of the bike.
- Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain.
- Use your eyes and ears, staying focused (see drive defensively).
- Ride With Cars in Mind

### Drive Predictably

- Drive where you are expected to be seen, travel in the same direction as traffic; drive in a straight line, not in and out of traffic, and signal and look over your shoulder before changing lane position or turning.

### Know the Rules

- Be aware of others using the road. Discuss with an adult the dos and don'ts of roadway behavior.
- Look before entering traffic. Look left-right-left for traffic before entering a roadway. This includes coming out of a residential driveway, a commercial driveway (store or parking lot), alleyway, or when continuing in traffic from a stop sign or light.
- Learn and follow the rules on the road for your own safety, and the safety of others:
  - Drive with the flow, in the same direction as traffic.
  - Obey street signs, signals, and road markings, like a car.
  - Wear reflective material on your body and bike, and use white front lights and red rear lights/reflectors as required by law, if you ride at night or at dusk, dawn, fog, or rain.

### Drive Defensively - Focused and Alert

- Be focused and alert to the road and all traffic around you; anticipate what others may do, before they do it. This is defensive driving—the quicker you notice a potential conflict, the quicker you can act to avoid a potential crash:
- Assume the other person doesn't see you; look ahead for hazards or situations to avoid that may cause you to fall, like toys, pebbles, potholes, grates, train tracks.
- No texting, listening to music or using anything that distracts you by taking your eyes and ears or your mind off the road and traffic.

### If you ride on the sidewalk remember to:

- Check your law to make sure sidewalk riding is legal;
- Watch for pedestrians;
- Pass pedestrians with care by first announcing "on your left" or "passing on your left" or use a bell;
- Ride in the same direction as traffic. This way, if sidewalk ends, you are already riding with the flow of traffic. If crossing a street, motorists will look left, right, left for traffic. When you are to the driver's left, the driver is more likely to see you;
- Slow and look for traffic (left-right-left and behind) when crossing a street from a sidewalk; be prepared to stop and follow the pedestrian signals; and
- Slow down and look for cars backing out of driveways or turning.

#### Resources:

The League of American Bicyclists: <http://bikeleague.org/content/rules-road-0>  
Bicycle Colorado: <http://bicyclecolorado.org/learn/safe-routes-to-school/parents/>  
National Highway Traffic Safety Administration: <http://www.nhtsa.gov/Bicycles>