



Texas Children's Hospital®

Center for Childhood Injury Prevention

Bicycle Safety

Everything you need to know to keep your kids from bicycle injuries.

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport.

Helmets are cool!

- Let a child participate in picking out their helmet. A child is more likely to wear their helmet if they like the design and it is comfortable.
- Parents need to be good role models and always wear a helmet too.
- In Houston, the law requires children younger than 18 years old to wear a helmet.

Helmet sits flat across forehead

WRONG! Helmet should not be tilted back from forehead



Safety tips

- Always wear a helmet!
- One rider per seat
- Never ride at night
- Wear bright colors when riding
- Have a white light on the front and reflectors or red lights on the back.

Be Bright, Use Lights

When riding at dusk, dawn or in the evening, use lights and make sure your bike has reflectors as well. Wear clothes and accessories that have retro-reflective materials to improve biker visibility to motorists.

Helmet fit test

- **SIZE** check: Helmet needs to sit flat on head and not move back and forth easily.
- **EYES** check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
- **EARS** check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
- **MOUTH** check: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



Bicycle traffic rules

- Ride near the curb.
- Ride in the same direction as other traffic.
- Obey all traffic signs and signals.
- Use hand signals for turns and stops.

Before you start pedaling, remember to:

- Ride a bike that is the right size for you—not too big or too small.
- Check if the brakes work.
- Make sure the tires have enough air.
- Don't start pedaling until everyone has their helmet on.



Helmets can reduce the risk of severe brain injuries by 88 percent – yet only 45 percent of children 14 and under usually wear a bike helmet.