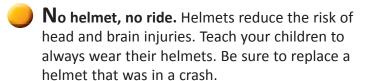


11 steps to safer walking & riding

Each week an average of 15 pedestrians and bicyclists are killed on our nation's roadways. You can keep your children safer by teaching them these important safety steps.

- Always know where your children are going. Walk or ride the route with them in advance.
- Stay together. Young children (up to age 10) should walk and ride with a grown-up. Older children should walk and ride with a buddy.
- **Be seen!** Children need to wear bright clothes and reflective items. Teach them to be sure a driver sees them before they pass in front of a car. Do not let children walk or ride at night.
- Cross safely! Teach children to:
 - Use crosswalks and sidewalks. (If there is no sidewalk, walk on the far left, facing traffic.)
 - Cross at the corners. (To cross, bike riders need to get off their bikes and walk.
 Bicyclists should ride with traffic.)
 - ALWAYS stop at the curb. Never run or ride off a curb into the street.
 - Never cross a street between parked cars.
- How to cross: Walkers and riders need to stop and look before they cross. They should stop at a path, sidewalk, street or driveway. Teach them to look left, right, and left. They should continue looking as they cross.
- Fit the bicycle to the child. Bikes that don't fit are hard to control and can cause a crash.





For helmet fit, use the Eyes-Ears-Mouth test:



Eyes: Can you see the edge of your helmet? Is your helmet level?



Mouth: Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?



Ears: The straps should make a V-shape around your ears.



Shake your head. Does the helmet stay on tight?

- **Bike riders should avoid loose clothes,** drawstrings, and backpacks with straps. These items can get caught in their bikes.
 - **Before each ride, check the child's bike.** Is there enough air in the tires? Do the brakes work? Is the seat tight and straight? Does the bike rattle? Keep the bike clean.
- Set a good example. Obey traffic signs and signals, Follow the rules. Wear your bike helmet. Cross at corners. Use crosswalks.

