



Bike Safety Checklist

A head injury can mean **brain** injury. That's why it's so important to **wear your bike helmet**. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your head and brain in case you fall down. California State Vehicle Code Section 21212 describes the laws requiring helmets for people under age 18 years.

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). **Always** wear a bike helmet, even if you are going for a short ride.

Are you following these safety rules?

- Does your bike helmet fit you properly? Is it too big or too small?
- Does your helmet sit level on your head and cover your forehead?
- Do the straps fasten securely?
- Can you stand straddling the top bar of your bike so that both feet are flat on the ground?
- Do you wear bright clothes and sneakers (closed-toe shoes) when you bike?
- Do you have the right reflectors and lights on your bike?
- Do you avoid talking on the phone or wearing headphones when you ride?
- Do you ride with the flow of traffic and follow all the rules of the road?

Bike Equipment checklist:

- Make sure your seat, handlebars, and wheels are tightly adjusted.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have the right amount of air pressure.
- For more information on bicycle safety and bicycle laws go to www.dmv.ca.gov

