

## PEDACYCLE SAFETY FOR CHILDREN

In 2005, there were 485,669 emergency room visits related to pedacycles. Below are safety tips to help keep you out of the ER:

1. Tune up your bicycles and observe habits.  
Check:
  - Chain for slackness/guard
  - Handle bar for tightness
  - Bike size is correct for child
  - Child's riding habits (jumping/ramps/etc.)
  - Check brakes for functionality and security
  
2. Inform children of security ground rules for safer riding. It is ok to have fun, but running into rocks for fun is not fun when you spend 4 hours in the ER!
  
3. Wear a bike helmet and other accessories as needed (shin pads, etc). Ensure the helmet:
  - Is level on the head
  - Straps make a "Y" just below the ear
  - Straps are snug
  - Helmet does not move more than 1 inch when you grab the front of the helmet and apply pressure
  - Stabilizers and pads are in place

- Helmet is oriented in proper position
- Take child to store to try helmet on before buying it. Once bought, we tend to “make it fit!”

## **BICYCLE CRASH FACTS**

1. Typical incident – 3 foot drop to pavement
2. Testing for helmets done with 11 lbs dropped  
= 3 ft = 9 miles/hour
3. 485,669 ER visits for bicycle incidents in 2005  
– Consumer Product Safety Commission
4. Concern is brain injury
5. Incidents constant but Northeast April – Peak  
July

## **TIPS TO KEEP YOU OUT OF THE ER**

1. Inspect bicycle/tune up
2. Inform kids of Ground Rules on riding
3. Wear helmet-ensure proper fit (no helmets in  
trees or playscapes)