Wearing A Helmet Correctly

Life is hard! Unfortunately, so are brick walls, cars, trucks, street signs, fences, sidewalks, and paved roads. Always wear a helmet when riding a bike.

The cost of a helmet is a small price to pay for head insurance.

Be sure your helmet is safety approved by CPSC.

Make sure the helmet rests low and level on your forehead just above the eyebrows.

The helmet should fit snugly.

Always fasten the strap.

If you helmet is damaged in a crash or in any other way, you should replace it - even if damage is not obvious.

Tips For Parents To Get Their Children To Wear Helmets

1. Set a good example by wearing your own helmet when you ride.
2. Point out athletes who use helmets. Baseball, football, and hockey players wear helmets to prevent head injuries.
3. Have your child pick out the helmet.
4. Never allow your child to ride without wearing a helmet.
5. Praise your child for wearing a helmet.
6. Start the helmet habit early with your child's first wheels.

For more information contact:

UTAH DEPARTMENT OF HEALTH
Violence and Injury Prevention Program
(801) 538-6864

HIGHWAY SAFETY OFFICE
5263 S. Commerce Drive, #202 Murray, Utah 84107
(801) 292-2480 • www.highwaysafety.utah.gov

Bike Smart

Use Your Head, Wear A Helmet!

State of Utah

Department Of Public Safety

Obey Signs

Always come to a complete stop at all stop signs. Obey all other traffic signs and signals.

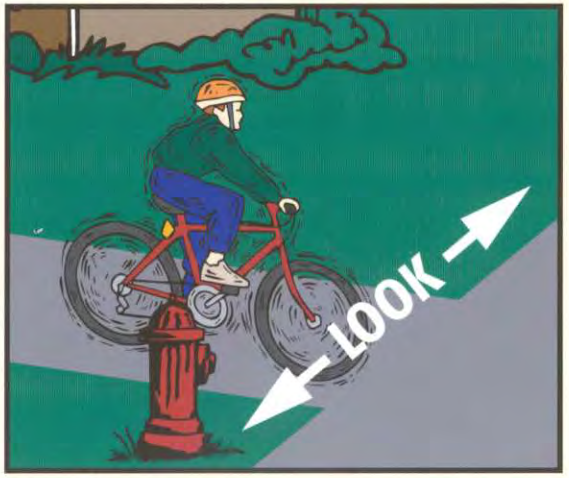
Riding At Night Is Dangerous

Riding a bike at night is dangerous. If you must bike at night, make sure to have bright lights in front and back. Reflectors and reflective clothing helps others see you.

One Bike One Rider

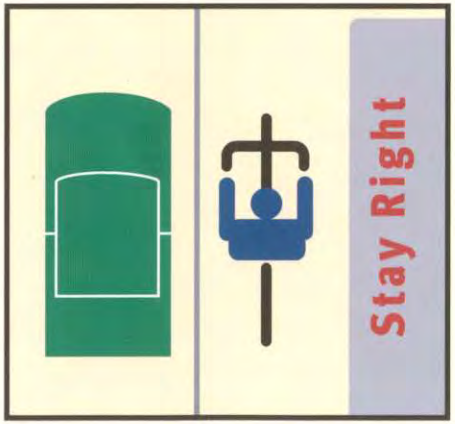
Always ride alone; never carry passengers.

Safety Starts At Home



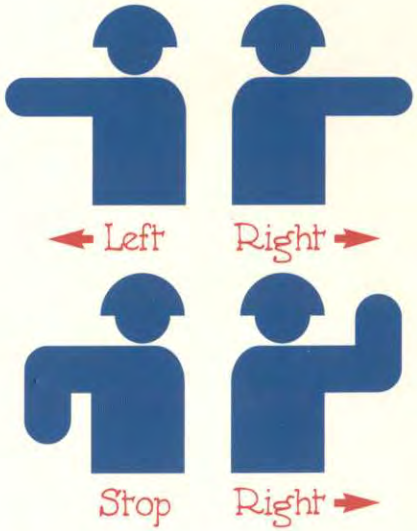
Before going on the street from your driveway or sidewalk, stop and check traffic by looking left - right - left.

Ride With Traffic



Ride on the right side of the street in the same direction as traffic. Remember to ride single file, one behind the other.

Use Hand Signals



Use hand signals to let drivers know what you are going to do.