

PROJECT Kidsafe

BREAKSTONE WHITE & GLUCK

RIDING YOUR BICYCLE SAFELY

Safety Tip #1

ALWAYS WEAR A BICYCLE HELMET

Protect your child on their bike. Make sure they have a bike helmet which properly fits and meets the safety standards set by the Consumer Product Safety Commission (CPSC). Cyclists 16 and younger are required to wear helmets in Massachusetts. This is a critical step to protect against the risk of head injury. Finally, as a parent, you can set a good example and always wear your helmet, too.

Safety Tip #2

WHERE TO RIDE

Talk to your child about where they can ride safely on sidewalks, bike lanes and roads. If you have questions, ask your local police department or your child's school. Older cyclists should generally travel in bike lanes or on the side of the road, in the same direction as traffic. At times, you may ride in the middle of the traffic lane if you need to for safety. To learn more, visit www.bwglaw.com/bikes.

Safety Tip #3

RIDE DEFENSIVELY

Teach your child to ride defensively near motor vehicles, pedestrians and parking lots. Teach them to travel slowly, be aware of their surroundings and to use hand signals. For a few dollars, you can buy them a safety vest so they stand out when riding. Safety vests are optional, but lights and reflectors are required for cyclists riding at night or in the early morning in Massachusetts.

Safety Tip #4

SAFETY FIRST

Develop a pre-season cycling checklist for your family.

- 1) Provide your family with helmets and neon safety vests.
- 2) Get regular bicycle tune ups and inspections
- 3) Make sure bikes have lights and reflectors.
- 4) Check bikes for loose pieces or accessories.
- 5) Perform the bicycle "ABC" check (air, brakes and chain).

PROJECT KIDSAFE

Our work to keep children safe.

www.bwglaw.com/project-kidsafe

HOW TO FIT YOUR BICYCLE HELMET

Videos and safety resources.

www.bwglaw.com/bikes#videos

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