



ADAMS COUNTY FIRE RESCUE

Bicycle/Scooter Safety

- Wear a properly-fitted helmet. It is the best way to prevent head injuries and death. Properly- fitted helmets can reduce the risk of head injuries by at least 45%. Unfortunately, more than 50% of children under 14 don't wear a helmet. Parents, model behavior by always wearing a helmet when you ride your bike and scooter.
- Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.
- Ride on the sidewalk or designated bike lane when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
- Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
- Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.