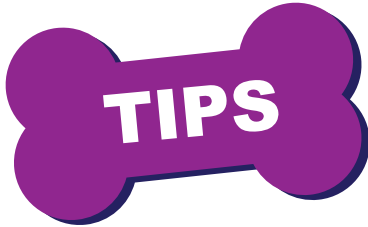




# ASK Bike Safety Information



Make sure your children check their tires and brakes before every ride.  
Source: [National Highway Traffic Safety Administration](#)

Children should always ride with at least one hand on the handlebars and only carry items in a bike carrier or backpack.  
Source: [National Highway Traffic Safety Administration](#)

Teach your children the importance of watching for road hazards - avoid potholes, broken glass, gravel, puddles, leaves and animals.  
Source: [National Highway Traffic Safety Administration](#)

Make sure your kids ride with traffic, obey traffic laws and are very aware of motorists around them.  
Source: [National Highway Traffic Safety Administration](#)

Don't allow your children to ride double or stunt ride. These are just an accident waiting to happen.  
Source: [Bike Safety - How Parents and Kids Should Pedal Their Way to Bike Safety](#) by Robin McClure

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Each year, over 600,000 people are treated in emergency rooms for bicycle-related injuries like broken bones or brain concussions.  
Source: [National Safety Council](#)

Bike accidents put more kids in hospital emergency rooms than any other sport.  
Source: [U.S. Consumer Product Safety Commission](#)

44% of non-fatal bicycle injuries occur in children and youth ages 5-20.  
Source: [Children's Safety Network](#)

Wearing a bike helmet can reduce the risk of head injury by 85%.  
Source: [U.S. Consumer Product Safety Commission](#)

Children and youth ages 0-20 make up 23% of bicycle fatalities.  
Source: [Children's Safety Network](#)

