

Notes from the Nurses - Bike Safety

Bike riding is a wonderful activity for families when done safely! One of the most crucial pieces of equipment for bike riders is a properly fitting bike helmet! Properly fitting bike helmets can reduce the rate of head injuries by at least 45% - yet less than half of all children under 14 years old wear a bike helmet.

Here are some of our top tips for bike safety:

1. **Wear a properly fitted helmet.** It is the best way to prevent head injuries and death.
2. **Ride on the sidewalk when you can.** If not, always ride in the direction of the flow of traffic, and as far to the right as you can.
3. **Use hand signals and follow the rules of the road.** Be predictable by riding in a straight line and do not swerve in between cars.
4. **Wear bright colors and use lights, especially while riding at night or early in the morning.** Reflectors on your clothes and bike will help you be seen.
5. **Ride with your children.** Stick together until you are sure they are ready to ride on their own.

Enjoy the weather and make good choices when bike riding!!! If you have any questions or would like more resources concerning bike safety, please do not hesitate to call us!!! Happy Riding!

Kami Hall RN, BSN,CSN
Atco School Nurse
856-767-4200 x5630

Kate Saunders RN, BSN, CSN
TR School Nurse
856-767-2421 x5530

Erica Ravenkamp RN, BSN, CSN
WES School Nurse
856-767-8293 x5038

Resources:

Safe Kids Worldwide (April, 2019). "Safety Tips - Bike". Retrieved from:
<https://www.safekids.org/bike>