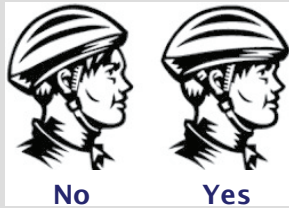


Wear a Helmet-Correctly!

- A helmet is your last line of defense in an accident. Never ride without one, even for short trips!
- Helmets can reduce serious head injuries by 85% in a crash.
- A helmet will not protect your head if it is not properly fit.

Helmet Fit:

Do the “Eyes, Ears, Mouth Test”™ every time you go biking. First place the helmet on your head—it should be level and snug. If it slides around, you need to insert additional pads.



- **Eyes** - looking up past your eyebrows, you should see the very edge of the helmet
- **Ears** - the straps should meet right under your ear lobes
- **Mouth** - when buckled, the strap should be loose enough so you can breath and insert two fingers between it and your chin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

Check your helmet fit periodically.

The “Eyes, Ears, Mouth Test”™ is a trademark of the Bicycle Coalition of Maine. Used with permission.

Before You Ride: Check Your Bike for Safety. Do the “ABC Quick Check”

- **AIR** – pinch the tires, they should be hard.
- **BRAKES** – make sure they work and aren’t rubbing the tire.
- **CRANK/CHAIN** – if there are problems with your gears or if the chain is loose, take it to a bike shop.
- **QUICK** – check “quick release levers” and other bolts to make sure they are tight.



Be Prepared

Bring basic tools, patch kit, pump, money, a cell phone or change for a pay phone, and ID. In addition to waterbottles, pack an energy bar just in case your ride lasts longer than expected.

Dress for the Occasion

Wear bright colors to be easily seen. Avoid loose clothing and don’t leave anything dangling or it may get tangled in the gears or wheels. Cycling gloves protect your hands and help reduce fatigue.

Learn to DRIVE your bike!



Bicycle Driving Safety Tips

Bicycle Rules of the Road

Distributed by
Humboldt County DHHS
Public Health Branch

Adapted from the Vermont Bicycle and Pedestrian Coalition publication, “Share The Road: Bicycle Driving Safety Tips”.