

BICYCLE SAFETY TIPS

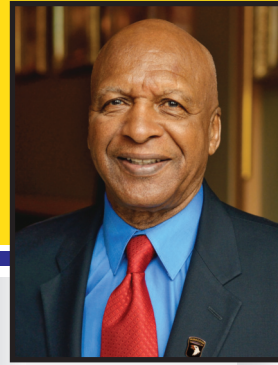
- ✓ Always wear a bicycle helmet.
- ✓ Find a safe place to ride — younger children should ride on the sidewalk.
- ✓ Follow the rules of the road when riding your bike in the street.
- ✓ Stay on the right side when riding your bike in the street.
- ✓ Obey street signs and traffic lights.
- ✓ Stay off busy streets.
- ✓ Look left, then right, then left again when crossing the street.
- ✓ Watch for cars near driveways or alleys.
- ✓ Never carry riders on your bike.
- ✓ Never ride between cars.
- ✓ Give pedestrians the right of way.
- ✓ Make sure your bike has a headlight if you are riding in the street at night.
- ✓ Stay alert for unexpected obstacles.

Answers to road signs inside brochure:

- | | | |
|------------------------|---------------------------|--------------------------|
| 1. Stop Sign | 4. School Crossing | 7. No Bicycles |
| 2. Do Not Enter | 5. Railroad Crossing | 8. Traffic Signals Ahead |
| 3. Pedestrian Crossing | 6. Bicycle Crossing Ahead | 9. One Way |

For more information about bicycle safety, please consult the *Illinois Bicycle Rules of the Road* booklet.

Printed by authority of the State of Illinois. May 2022 — 2.5M — DSD A 170.5



ILLINOIS BICYCLE SAFETY TIPS

Bike riding is a fun way to enjoy the outdoors and get your exercise. When riding your bike, it is important to obey all the street signs and traffic lights and to wear a helmet to protect yourself in case of an accident.

Be aware of motorists on the road and do not “play” in the street. Young bicyclists are encouraged to ride on the sidewalk whenever possible.

This brochure provides young bicyclists tips for staying safe while riding and checkpoints to ensure that their bicycle is safe to ride. Please read this brochure carefully, and follow the guidelines in it to ensure a fun and safe ride.

Jesse White

Jesse White
Secretary of State



JESSE WHITE
SECRETARY OF STATE

Bicycle Helmets

- A bicycle helmet can reduce the risk of head injury by up to 85 percent in the event of a crash.
- Damage to the brain from an external blow can affect your ability to walk, talk and think.
- Replace any helmet that has been involved in a crash. There may be damage to the foam, although it may not be visible.
- Check inside the helmet for a CPSC sticker. This sticker tells you your helmet meets the U.S. Consumer Product Safety Commission standards.
- Your helmet should be level on your head, not tilted back at an angle. (see right.)
- Make sure the helmet fits snugly and does not obstruct your field of vision.
- Make sure the chin strap fits securely and the buckle stays fastened.
- Helmets are not just for bicyclists. Skateboarders, in-line skaters and scooter riders should also wear helmets.



A Safe Bike = A Safe Ride

Seat Height – a

Make sure the seat is properly adjusted and tightened.

Handlebars – b

Make sure handlebars are properly adjusted and tightened.

Hand Brakes – c

While pushing the bike forward with one hand, use your other hand to squeeze the brake lever. You should be able to stop the bike without squeezing the lever all the way to the handlebar.

Headlight – d

If you ride in the dark, the law requires your bike to have a front light visible from a distance of 500 feet.

Tires – e

Make sure the tires are inflated to the pressure shown on the tire's sidewall.

Rear Reflector – f

If you ride in the dark, the law requires your bike to have a rear red reflector visible from a distance of 600 feet.

Coaster Brakes – g

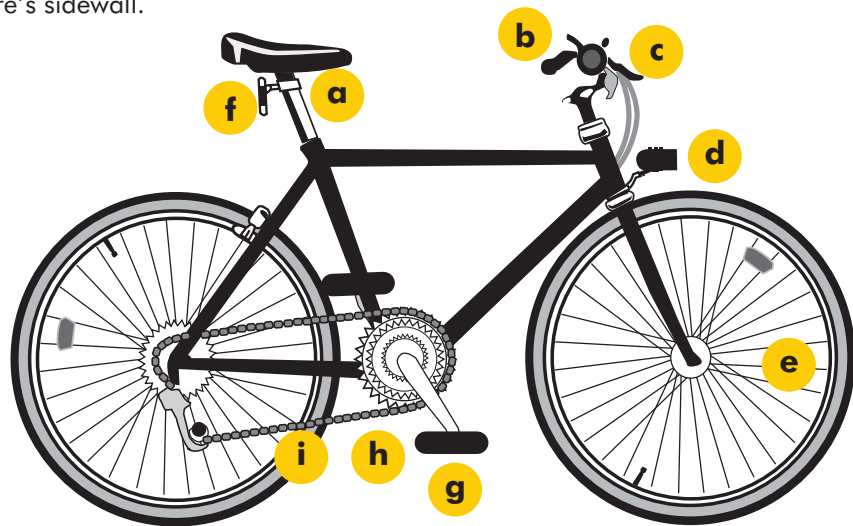
If you have to pedal backward to apply the rear brake, the bike has coaster brakes. Check them by pushing the bike forward with one hand and using your other hand to pedal backward. This should stop the bike.

Pedals – h

Rock the pedals front to back. They should spin freely. If they are loose or tight, the bearings need to be adjusted.

Chain – i

Keep the chain snug, clean and lubricated.



Can you name the road signs at the left of the page?

- | | | |
|----------|----------|----------|
| 1. _____ | 4. _____ | 7. _____ |
| 2. _____ | 5. _____ | 8. _____ |
| 3. _____ | 6. _____ | 9. _____ |

(Answers on back.)

