



# BICYCLE SAFETY TIPS

Every year, the Bend Fire Department responds to hundreds of car/bicycle incidents. When a bicycle and a motor vehicle collide, the bicyclist almost always gets hurt. Some bicycle injury and deaths involve young children. It is important to know some simple "rules of the road" to help keep bicycling safe and fun!

## Bike Helmets: The Right Fit:

- If you're under 16, you are required to wear a helmet
- Helmets can reduce the risk of head injury by 85% and the risk of brain injury by 90%
- Wear your helmet properly and secured
- All straps should be equally tight when the chinstrap is buckled.
- Buy a new helmet. Helmets that have suffered even a single fall or have been exposed to heat for a long time should be replaced.
- Parents and caregivers; don't forget to set an example by wearing a helmet yourself!

## Road Safety:

- Know and obey all traffic signs and signals
- Younger children should always be supervised and not allowed to ride on the street
- Always walk a bicycle in the crosswalk when it is safe to cross
- Stop before entering the road or a driveway to ensure it is clear to go
- Always ride with the flow of traffic on the far right side of the street.
- Always be aware of your surroundings, other vehicles can't stop as fast as you can
- Always have proper bright and/or reflective clothing on so you can be seen
- At night, law requires you have lights on front and back

## *Safety Information for our Community*



For more information please visit our website  
[www.bendoregon.gov/fire](http://www.bendoregon.gov/fire)

Or contact the Bend Fire Department  
(541) 322-6309



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