

Bike Safety Tips

1. Always wear a properly fitted bike helmet.
2. Brightly-colored clothing helps bicycle drivers be seen more easily.
3. Choose a bicycle that fits you now. Do not buy a bigger bike and wait to grow into it.
4. Look left, right, left at all driveways and use hand signals to let others know your intentions.
5. Bicycles must have front and rear reflectors and side-wheel reflectors for higher visibility.
6. Remember to drive your bicycle on the right side of the road and obey all traffic signs and signals, just like a car.
7. Make sure your bicycle is in good condition and properly maintained for as long as you own it.
8. Be aware of roadway hazards, such as potholes, rocks, drains, grates, etc. and learn how to maneuver around these obstacles without losing control.

What is the ATSPA?

The American Trauma Society, Pennsylvania Division is a nonprofit organization committed to preventing traumatic injuries and deaths through education.

We provide educational presentations and materials on a variety of trauma prevention topics. As a nonprofit, all presentations and materials are provided free of charge for any organization, school, business or community group in Pennsylvania.

Contact us today to learn more about our work.

Bike Smart



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Brought to you by:
American Trauma Society,
Pennsylvania Division

By the Numbers

- More than **530,000** people visit emergency departments each year due to bike crashes. Of those, more than **290,000** are children ages 15 and younger.
- Nearly **75%** of bicyclist fatalities are because of head injuries.
- On average, close to **700** people are killed in bike crashes each year and more than **11%** are children younger than age 16.
- Recent Pennsylvania bike crash statistics indicate:
 - An average of **1,270** bike crashes per year.
 - More than **1,260** injuries.
 - Just more than **15** fatalities.
- **More youth between the ages of five to 14 are seen in emergency departments for bike related injuries than from any other sport.**



Bike Rider Safety Tips

1. Wear lightly colored, reflective clothing.
2. Always wear a Snell® or other approved helmet.
3. Ride with traffic, on the right side of the road.
4. Signal your intentions in advance.

Fitting a Bike Helmet

1. Place the helmet square on the head so it is snug and covers a large portion of the forehead.
2. Adjust the side and chin straps so when buckled, the helmet does not move from side to side or slide back on the forehead.
3. One finger should fit between the chin and chin strap. Any more than that and the helmet is too loose.



Pennsylvania Bike Helmet Law

According to Pennsylvania Senate Bill 1823, “No person under 12 years of age shall operate a pedalcycle or ride as a passenger unless that person is wearing a bicycle helmet meeting the standards of the Snell Memorial Foundation or the American National Standards Institute.”

Bike Helmets Q&A

1. Who should wear a helmet?

Anyone older than one year should wear a helmet, regardless of the expected distance or driving surface. Children less than a year old have weak neck structures and the American Academy of Pediatrics does not recommend helmets or bicycle travel for that age group.

2. What does it mean to have Snell®, ASTM® or CPSC® approval on a helmet?

There are two U.S. performance standards for bicycle helmets: the Snell Memorial Foundation and the American Society for Testing and Materials (ASTM). The Consumer Product Safety Commission (CPSC) also has standards that all helmets must meet. Helmets that pass these safety criteria will have a sticker indicating this. Do not purchase a helmet that does not meet these standards.

3. Can I continue to wear a helmet that was involved in a crash?

Any helmet involved in a crash should be replaced immediately, even if there is no visible damage. Manufacturers also suggest replacing helmets after five years because of normal wear and tear.

*Scan the QR code
for a video on
fitting a bike helmet.*

