

Bicycle Safety Tips

The Maryland Department of Transportation Bicycle Affairs has published "Tips for Safe Bicycling," which emphasizes the following:

- Wear a helmet with a hard outer shell.
- Ride a proper sized bike.
- Obey all traffic signs and signals.
- Ride with traffic (walk against traffic).
- Keep to the right side of traffic and in a single file.
- Use hand signals for any movement in traffic.
- Be bright at night—wear bright colors and reflectors.
- Be cautious of storm drains, wet pavement and gravel.
- Watch out for driveways and parked cars—especially people opening car doors.
- Stop and check for traffic before entering any roadway.
- Be aware that dogs and small animals may chase the wheels.
- Never carry a passenger on a one seater bike.

The purpose of this pamphlet is to provide you with the education materials about bicycle helmet use and other information.

Violation

Also, this pamphlet is a **WARNING** to you that Maryland Law states that all persons under 16 years of age shall wear a bike helmet. *Transportation Article Title 21 subtitle 12*



Sheriff Jeffrey R. Gahler

HARFORD COUNTY SHERIFF'S OFFICE

45 S. Main Street * Bel Air MD * 21014

Photocopies and reproductions are encouraged.

BICYCLE SAFETY INFORMATION



TIPS TO MAKE CYCLING SAFER



**HARFORD COUNTY
SHERIFF'S OFFICE**

Community Policing Unit
communitypolicing@harfordsheriff.org
Northern Region 410-638-3625
Southern Region 410-612-1670

WWW.HARFORDSHERIFF.ORG

Fitting the Bike to the Child

Under 5 Years 12" to 16" wheel

5 to 7 years20" wheel

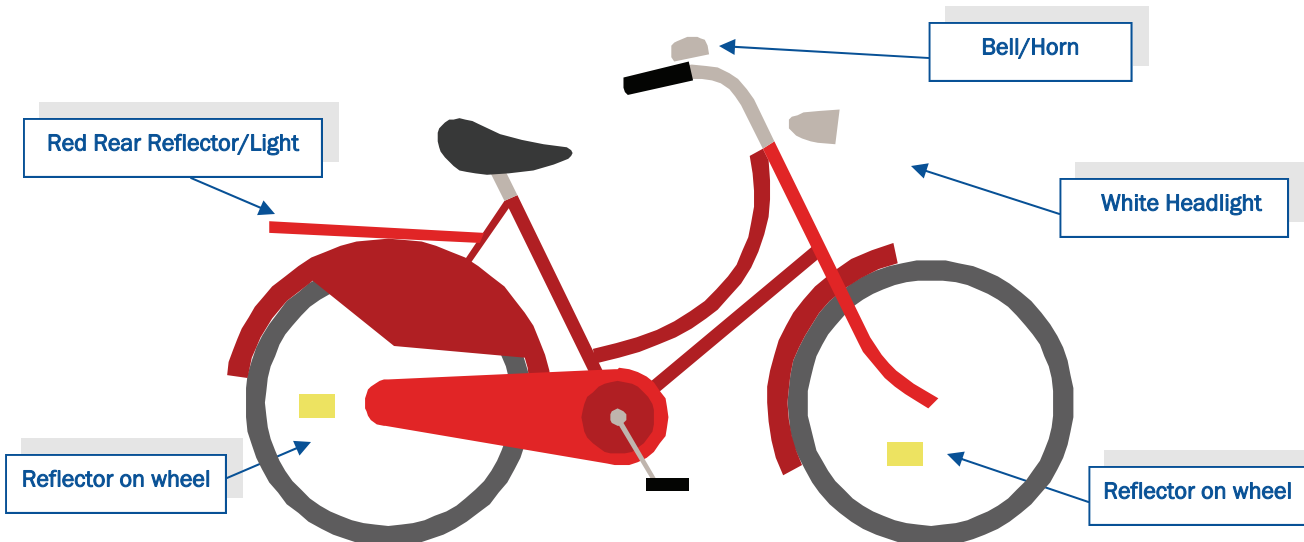
8 to 10 years24" wheel

11 and over26" to 27" wheel



Maryland Bicycle Helmet Law

Effective October 1, 1995, Maryland Law requires that any person under 16 years of age riding a bike on any public highway, bikeway or park path must wear an approved bike helmet. This includes any person in an attached a bike seat.



The top four reasons kids say they don't wear a bike helmet and the reason everyone should:

Myth: Helmets aren't cool.

Fact: Helmets are designed to help prevent injuries to your skull and your brain. A permanent brain injury or death is definitely not cool!

Myth: Helmets aren't comfortable.

Fact: Helmets today are lightweight and well ventilated. They're actually a lot more comfortable than they have ever been.

Myth: I have never worn a helmet and nothing has happened to me so far.

Fact: Bike crashes or collisions can happen at any time. Even professional bicycle racers get in serious collisions. More importantly, scientific studies show that three out of every four bike crashes result in some sort of head injury.

Myth: I just don't want everybody to see me wearing a helmet.

Fact: That's just the point! Helmets make it easier for motorists, pedestrians, and other bikers to see you. If everyone can see you, they won't run into you.

Did you realize?

- 75% of bike fatalities are from head injuries.
- 44% of bike deaths are children under 16 years old.
- 1 in 7 riders under age 16 suffers a head injury in a bike crash.
- Bike helmets are 88% effective in preventing brain injuries from bike crashes.
- A bike helmet can make the difference between a survivable injury and an injury that results in permanent disability or death from a head injury.