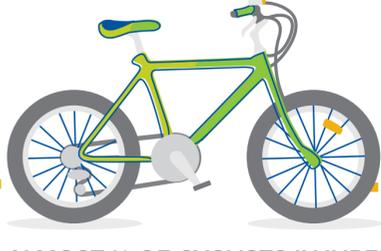


BICYCLE SAFETY: KEEPING KIDS SAFE ON TWO WHEELS

Everyone remembers riding a bike as a kid. It was countless hours of fun, freedom and, unfortunately, falls. The truth is, bikes are not toys. But you can keep your kids safer if you make sure they follow rules and use the right equipment.

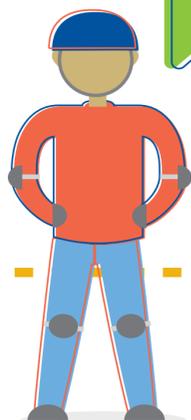
80%
OF CYCLIST FATALITIES OCCUR IN DAYLIGHT¹



ALMOST 1/4 OF CYCLISTS INJURED OR KILLED ARE CHILDREN¹

ONLY 25%

OF CHILDREN AGE 5-14 WEAR A HELMET²



AROUND 75%

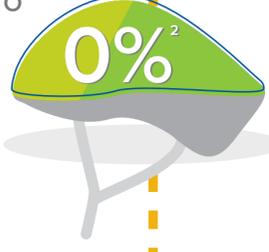
OF SERIOUS OR FATAL CYCLIST ACCIDENTS OCCUR IN URBAN AREAS¹

IN A CRASH, HELMETS REDUCE THE RISK OF BRAIN INJURY²



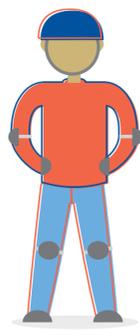
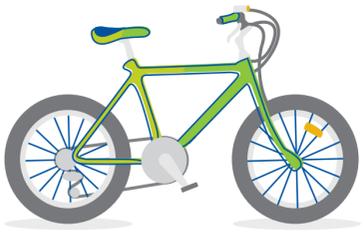
BICYCLE HELMET USAGE FOR TEENS IS CLOSE TO

0%²



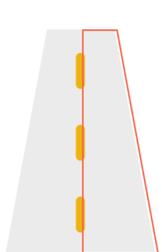
SAFETY CHECK LIST

Here are some other ways you can keep your kids – and their bikes – as safe as possible while they're pedaling around the neighborhood.



- 1 OIL THE CHAIN REGULARLY
- 2 CHECK THE BRAKES TO MAKE SURE THEY WORK WELL
- 3 ENSURE TIRES ARE PROPERLY INFLATED
- 4 RAISE OR LOWER THE SEAT TO THE PROPER HEIGHT
- 5 USE LIGHTS AT DUSK AND AVOID NIGHT RIDING

- 1 GLOVES TO PROTECT THE PALMS DURING A FALL
- 2 KNEE AND ELBOW PADS TO AVOID CUTS AND BRUISES
- 3 A PROPERLY FITTED HELMET WITH A CHIN STRAP
- 4 REFLECTIVE CLOTHING TO IMPROVE VISIBILITY TO DRIVERS
- 5 MOUTH GUARDS CAN HELP PREVENT CONCUSSIONS



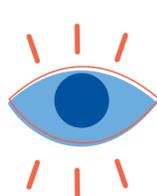
ALWAYS RIDE ON THE RIGHT SIDE OF THE ROAD, WITH TRAFFIC



TEACH YOUR CHILD TO USE APPROPRIATE HAND SIGNALS



RESPECT ALL TRAFFIC SIGNALS



MAKE EYE CONTACT BEFORE CROSSING

At Meemic, we've been providing high-quality auto insurance to teachers and educators for more than 65 years. So, we understand how important it is to nurture and protect our country's youth — whether they're your students or your family.

Visit us at [Meemic.com/Bike](https://www.meemic.com/Bike) for more bicycle safety tips and information.

SOURCES

¹ ROSPA.com
² NHTSA.gov

