



Bicycling is a fun activity and good exercise for the whole family, but if safety precautions are not followed it also can be dangerous, especially for children.

- Each year, about 100 children are killed in bicycle-related incidents, the majority from head injuries. Another 280,000 riders are treated in emergency rooms.
- Children ages 14 and younger are five times more likely to be injured in a bicycle crash than older riders.
- Most bicycle/motor vehicle crashes occur on "quiet" residential streets.

Keeping the bicycle safe

Your child needs a safe bicycle. Don't buy a bike for your child to "grow into." Your child should be able to put the balls of both feet on the ground when sitting on the seat. The bike should have a horn or a bell. A flag also makes it more visible. Keep the bike in good repair by inspecting these parts regularly:

Wheels	No loose or broken spokes or screws
Tires	Firm to the touch, with no cuts, cracks or bulges
Seat	Secure, not wobbly
Reflectors	Front and rear, fastened tightly, clean and without cracks
Brakes	Smooth and responsive
Handlebars	Tight grips on each handle
Chain	Oiled and tight

In an emergency

If you believe your child needs emergency care, contact your child's doctor, call **911** or bring your child to the emergency department at Norton Children's Hospital or Norton Children's Medical Center any hour of the day or night.

Norton Children's Hospital facilities have the staff, equipment and technology to handle almost any pediatric emergency, from a fever to a life-threatening injury. Norton Children's Hospital is Kentucky's only full-service, free-standing hospital dedicated exclusively to caring for children from birth through age 18. We are committed to the health and safety of all children.

For more information on bicycle safety and the rules of the road, or to inquire about free fact sheets on a variety of health and safety topics, call **(502) 629-KIDS** or **(844) 629-KIDS**, or visit **NortonChildrens.com/PreventionAndWellness**.