



Prevent Think Life Safety

For additional information, call 503-805-8482

Bicycle and Pedestrian Safety

Bicycles are associated with more childhood injuries than any other consumer product (except the automobile). Head injuries are the most serious and prevalent cause of death associated with bicycles. Through the use of helmets and some safety basics, every member of the family can learn the safe practices of riding bikes and maneuvering through on foot around traffic.

Street Crossing

- Learn & Practice Street Crossing – Children learn by watching adults. Be sure the right example is being set when crossing streets and using sidewalks.
- Listen and Look – Listen and look for traffic in both directions before crossing.
- Avoid blind spots to cross. There is safety in being seen. The farther ahead a car can see you, the more time they have to stop.

Bicycle Safety

- Always wear an approved bike helmet (bike operators and riders). Be sure it fits the rider well (kids grow fast so check it often).
- Adults, even if the law doesn't apply to you, the example you set guides the actions of your child. (if you don't need a helmet, why would they?).
- Walk bicycles across streets. You can start and stop with more control than by riding.
- Ride with the flow of traffic, not against.
- Wear bright colored clothing (See and Be Seen).

