

Pedestrian & Bicycle Safety

Frequently Asked Questions:

What I should look for in a bike helmet?

Make sure that the bike helmet meets or exceeds safety standards. Look for an ASTM, Snell, ANSI or CPSC certification sticker inside the helmet and on the box.

The helmet should sit on the top of your child's head in a level position, cover his/her forehead, and not rock forward and back or from side to side. Bring your child to the store to try on helmets before you purchase one. Ensure that your children always ride with their helmet straps buckled. See the back of the sheet for Eyes, Ears and Mouth check.

What kind of helmet should my child wear when using a skateboard, scooter or inline skates?

It is essential that your child wear a helmet. While we recommend a multi-sport helmet for these "wheeled" activities, a properly-fitted bicycle helmet is just as effective.

At what age can my child cross the street alone?

Generally, children ages 10 and over can cross streets safely without the close supervision of an adult. Children ages 4 and under are at greatest risk for pedestrian-related deaths and injuries. Parents often overestimate their children's pedestrian skills. Children are impulsive and have difficulty judging speed, spatial relations, distance and velocity. They frequently do not have the cognitive development and behavioral capacity to react to complicated traffic situations, such as intersections.

Summer Safety Month

RESOURCES:

National Safety Council

<http://www.nsc.org/library/facts.htm>

Safe Kids Michigan – Safety Tips

<http://www.michigansafekids.org/safety.shtml>

Centers for Disease Control and Prevention National Center for Injury Prevention & Control

<http://www.cdc.gov/ncipc>

American Red Cross – Summer Safety Tips

<http://www.redcross.org/services/hss/sumsafety/>

National Highway Traffic Safety Administration Bicycle & Pedestrian Safety Resource Guide

<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/BikePedestrian/>



WHAT YOU SHOULD KNOW

Helmet Safety:

- ✓ Buy a helmet that meets or exceeds current safety standards. Correct fit is important.
- ✓ Do the "Eyes, Ears and Mouth" Check to check the fit.

EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).

EARS check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.

MOUTH check: Now open your mouth as wide as you can! The helmet should hug your head.

Scooter, Bicycle and Pedestrian Safety:

- ✓ Be sure that safety gear (wrist, elbow and kneepads) fits properly and does not interfere with the rider's movement, vision or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- ✓ Ride scooters and bikes only on smooth, paved surfaces and only ride during daylight hours.
- ✓ Come to a complete stop before entering driveways, paths or sidewalks. Look left, right and left again for bikes, cars or pedestrians heading your way.
- ✓ Teach crossing safety to children by showing them.

SERVICES AVAILABLE:

Washtenaw Bicycling & Walking Coalition

Phone: 734-864-4095

<http://www.wbwc.org/>

Programs to Educate All Cyclists (PEAC)

Phone: 734-484-2758

<http://www.bikeprogram.org/>