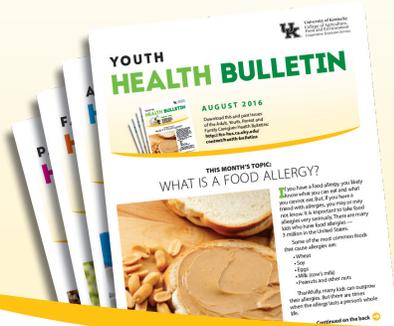




YOUTH HEALTH BULLETIN



OCTOBER 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: BE BIKE SMART

Can you think of different ways to travel on the street? There are many different ways you can use streets. You could travel by car, bike, skateboard, scooter or your own two feet!

Do you know what a bicycle is? Bicycles are human powered vehicles, typically featuring pedals, a seat, two wheels and a frame. Bicycles are used for transportation, recreation, competitive racing, courier delivery and a range of other tasks. Pumping those pedals is good for your heart and fun. Whether done fast or slow, the safest way to use your bike is for transportation.

The first thing you should do when riding your bike is to put on your bike helmet — every time you ride!

Continued on the back



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A bike helmet will provide protection for your face, head and brain in case you fall down. You can even decorate your helmet with reflective stickers or pick out one that is your favorite color.

Here is a bike maintenance and safety checklist an adult can help you do:

- Make sure your seat, handlebars and wheels fit tightly. When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1 to 3 inches of space between you and the top bar.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and are not sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.
- Before you ride, you will need to check with an adult about where or when you are allowed to ride your bike. You should know how far you are allowed to go and where you are allowed to ride.



HOW FAR CAN I GO?



- Always ride your bike during the day. Try not to ride your bike when the sun starts to go down.
- Never ride your bike barefoot. Always wear sneakers when you are on your bike.
- No matter where you ride, you need to keep an eye out for cars and trucks. Even if you are riding on the sidewalk, a car could pull out of a driveway.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Keep an eye on the road ahead so you can be prepared for big hills and road obstacles.
- Do not wear headphones because the music can distract you from noises around you.

RESOURCES:

- <https://kidshealth.org/en/kids/street-smart.html#resources>
- <https://kidshealth.org/en/kids/bike-safety.html?ref=search&WT.ac=msh-k-dtop-en-search-clk>
- https://www.safekids.org/safetytips/field_risks/bike?gclid=CjwKCAjwwo7cBRBwEiwAMEoXPHusPVPIlL8mC5R3M-LW5JC-XrhHrgQzepUqfayl-HN6U_cPuKa1whoCsAoQAvD_BwE

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