



Bike Safety Check

- Tires:**
Keep tires properly inflated. Correct air pressure is printed on the side of the tires. The bike will ride easier.
- Wheels:**
Wheels must be straight so they will roll smoothly and brake better. Spokes need to be tight in the wheel.
- Brakes (Pedal or Coaster):**
Listen for noise coming from the brakes
- Brakes (Hand):**
Keep wheel rims clean. Replace worn brake pads. Make sure brake levers work smoothly. Replace torn cables.
- Seat:**
Make sure seat is tight before riding.
- Handlebars:**
Make sure handlebars are tight before riding
- Pedals:**
Pedals should be tight on the bike and spin freely
- Chain:**
Keep chain cleaned and oiled. If chain is making noise, it's time to adjust or replace it
- Gears:**
Replace your cables if old or torn. Gear cables should not be too loose or too tight.
- Reflectors:**
Your bike must have a white reflector on the front and a red reflector on the back.

It's the law!



Sponsored by:

Butte County
Public Health

"Safe kids are not an accident"

Butte County
Public Health Department
2491 Carmichael Drive Ste. 100
Chico, CA 95928
1-800-339-2941

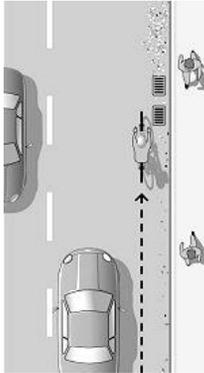


Bicycle Safety Tips for Kids

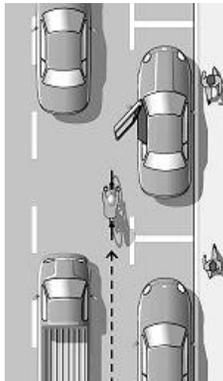
1. Wear a CPSC approved bicycle helmet every time you ride. If you're under 18 it's the law!



2. Ride on the right side of the street, with the flow of traffic.



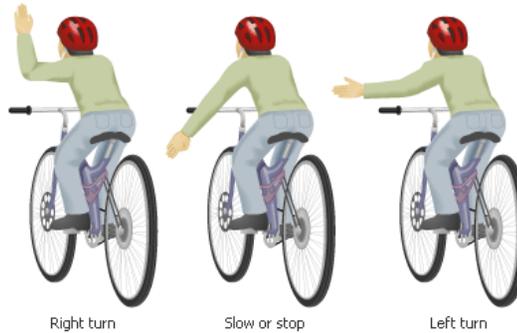
3. Ride one car door length away from parked cars, in a straight line and do not weave.



4. Stop at all stop signs. Obey all traffic signs and signals.



5. Use hand signals when making turns and stopping

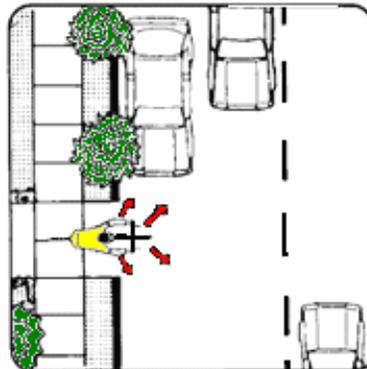


Right turn

Slow or stop

Left turn

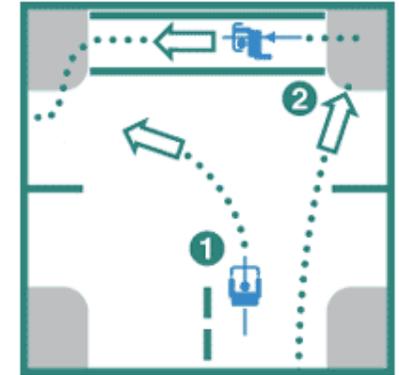
6. STOP; look left, right and left again before riding out from driveway, between parked cars or before crossing a street!



7. Choose the best way to turn left. There are two ways to make a left turn:

🚲 Like an auto: Signal, move into the left lane, and turn left.

🚲 Like a pedestrian: If you are within a designated crosswalk, get off your bike and walk your bike across



8. If you ride at night- dress bright!

Wear retro-reflective or white clothing, use a headlight and reflectors on your wheels and spokes

Be extra careful!!

