



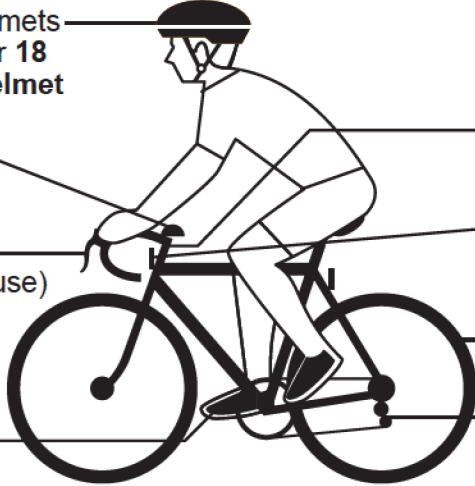










# Bicycle Safety

Use the checklist below to ensure your equipment is safe and is used correctly.  
Remember these safety tips.

Sizing		Age	
			
<input checked="" type="checkbox"/> Can stand clear of frame	<input checked="" type="checkbox"/> Toes can touch ground	<input checked="" type="checkbox"/> Under 10 adult supervision only	<input checked="" type="checkbox"/> 10+ on road only after training
Safety and Equipment			
<input checked="" type="checkbox"/> All riders should wear helmets The law - children under 18 must wear a certified helmet		<input checked="" type="checkbox"/> Use a bike lock	<input checked="" type="checkbox"/> Handlebars and seat tight
<input checked="" type="checkbox"/> The law - must have a bell or horn		<input checked="" type="checkbox"/> The law - must have reflectors White at front red at rear	<input checked="" type="checkbox"/> Tires inflated, good tread
<input checked="" type="checkbox"/> Brakes that work (make sure children can use)		<input checked="" type="checkbox"/> Chain oiled not loose	
<input checked="" type="checkbox"/> Wear closed toe shoes			
Learning			
			
<input checked="" type="checkbox"/> Practice stopping	<input checked="" type="checkbox"/> Practice turning	<input checked="" type="checkbox"/> Control speed	<input checked="" type="checkbox"/> Know rules of the road
		<input checked="" type="checkbox"/> Children should NOT ride at night	
Signalling			
			
Left turn	Stop	Right turn	Alternative right turn

Adapted from Public Health Services, City of Hamilton