

## **Notes from the Nurses** - Spring 2019/Bike Safety

Hooray! We made it to spring! Warmer temperatures are upon us and it's time to get the kids outside and playing. Bike riding is a wonderful activity for families when done safely! One of the most crucial pieces of equipment for bike riders is a properly fitting bike helmet! Properly fitting bike helmets can reduce the rate of head injuries by at least 45% - yet less than half of all children under 14 years old wear a bike helmet.

Here are some of our top tips for bike safety:

1. **Wear a properly fitted helmet.** It is the best way to prevent head injuries and death.
2. **Ride on the sidewalk when you can.** If not, always ride in the direction of the flow of traffic, and as far to the right as you can.
3. **Use hand signals and follow the rules of the road.** Be predictable by riding in a straight line and do not swerve in between cars.
4. **Wear bright colors and use lights, especially while riding at night or early in the morning.** Reflectors on your clothes and bike will help you be seen.
5. **Ride with your children.** Stick together until you are sure they are ready to ride on their own.

Enjoy the warmer weather and make good choices when bike riding!!! If you have any questions or would like more resources concerning bike safety, please do not hesitate to call us!!! Happy Riding!

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### **Resources:**

Safe Kids Worldwide (April, 2019). "Safety Tips - Bike". Retrieved from:  
<https://www.safekids.org/bike>