

# Bike Safety

Bike safety focuses on preventing deaths and injuries related to bike accidents. Teens have the highest rates of bike related injuries (CDC, 2017).



FACT  
**01**



FACT  
**02**

## California Law

California Law requires people under the age of 18 to wear a helmet while riding a bike. You will get fined if you are caught without a helmet.

**Prevent accidents. Prevent injuries.  
Wear a helmet.**

## If You Don't...

If you don't wear a helmet, it could result in a head injury, or in bad cases, paralysis (Stanford). Simply wearing a helmet can save your life!

FACT  
**03**



FACT  
**04**

## Only One Impact

You need to replace your helmet after your first bike accident, no matter how small.

## Helmet Fitting

- Helmets should sit perfectly on top of your head
- Distance from your eyebrows to your helmet should be about 2 fingers
- You should be able to fit only 1 finger under your chin strap

FACT  
**05**

