

Living Safely

with disabilities and special health needs

Wheeled Sports Safety



Children's
Specialized Hospital®

An RWJBarnabas Health facility



Source:

www.wiredale.com/bike-helmet-size/

I need to wear a helmet to protect my head from injuries. It is important to make sure that my helmet is the right size.

The helmet should be no more than two fingers above my eyes. When I look up, I should see the bottom rim of my helmet. Straps should make a “V” shape under the ears.

I need to make sure my helmet is snug when my mouth is open.



It is important to ensure that my bike is the proper size for my body.

When sitting on my bike, my feet should touch the ground.



I need to check the brakes and gears, by going and stopping a few times, before going out on a long ride.



It is important to dress in well fitted clothing.

Long or loose clothing or shoestrings can get caught in bike chains or wheel spokes.



I should always ride on the right side of the road, with traffic, not against it. I need to stay as far to the right as possible.

I am respectful of traffic signals. I stop at all stop signs and stop lights. I do not swerve into the middle of the street.



I stop and look left, right and left again before entering a street or crossing an intersection.

I look back and yield to traffic coming from behind before I turn left.



When riding in the early morning or evening, I wear bright clothing.

It is a good idea for me to have lights or reflectors on my bike as well. This will help drivers to see me more clearly.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org.)

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