

BICYCLE SAFETY

HELMET USE

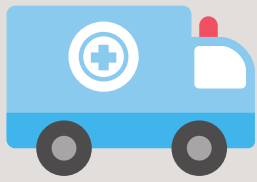


By law, all riders and passengers on bicycles must wear an approved helmet that complies with the Australian Standard (AS/NZ2063)



SAFETY CHECKLIST

- Approved and fitted helmet
- Bright coloured clothing
- Brakes
- Lights
- Bell
- Reflectors, flags



The number of children aged 5-14 hospitalised in 2017-2018 due to bike-related injuries was*

2,298

SAFETY TIPS

SELECTING A BIKE

- Ensure the bike is the right size and the right type for the child's abilities
- When seated, feet touch the ground and hands comfortably rest on handlebars

SAFE RIDING

- Choose safe places to ride - away from slopes, stairs, bumps, vehicles and driveways

HELMET

- Wear it for every ride
- Check fit by pushing helmet gently - it should have limited movement
- Make sure the clip is fastened

MAINTENANCE

- Maintain bike regularly
- Check tyres, steering and braking systems are working correctly



Child Accident Prevention Foundation of Australia
New South Wales

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