

School Nurse Notice

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May is National Bike Safety Month



Now that the warmer weather has arrived, riding your bicycle is a great way to exercise and have fun. It is important to take safety precautions whenever you ride. Let's celebrate National Bike Safety Month in May by reviewing safe biking tips.

Why Is Bicycle Safety So Important? Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for

transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

Wear a bike helmet: A head injury can mean brain injury. That's why it's so important to wear your bike helmet. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down. Wear a bike helmet EVERY TIME YOU RIDE, even if you are going for a short ride. Your bike helmet should fit you properly. You don't want it too small or too big.

Make sure your bike fits you: Riding a bike that is the right size for you also help keeps you safe. When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.

Be Seen, Be Safe! Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. Daytime riding is the safest so try to avoid riding your bike at dusk and later.

Scholars are invited to stop by the health office to test their knowledge of bicycle safety with a fun quiz and to pick up a bicycle safe equipment checklist. Take the quiz and enter a raffle to win a new helmet!



Use your head, wear a helmet!

It is the single most effective safety device to reduce head injury.



Be bright, use lights!

Especially when riding at dusk, dawn or in the evening.



Check your bike regularly

Make sure your bike is safe to ride. Visit your local bike shop if you need assistance.