BICYCLE SAFETY: KEEPING KIDS SAFE ON TWO WHEELS

Everyone remembers riding a bike as a kid. It was countless hours of fun, freedom and, unfortunately, falls. The truth is, bikes are not toys. But you can keep your kids safer with a few simple tips. Here's what you need to know and can use the right equipment.

80% of children age 5-14 wear a helmet. 2

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<td>ROSPA.com</td>
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<td>NHTSA.gov</td>
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At Meemic, we've been providing high-quality auto insurance to teachers and educators for more than 65 years. So, we understand how important it is to nurture and protect our country's youth — whether they're your students or your family. Visit us at Meemic.com/Bike for more bicycle safety tips and information.

SAFETY CHECK LIST
Here are some other easy ways to keep your kids safe on two wheels.

1. Use lights at dusk and avoid night riding.
2. Always ride on the right side of the road, with traffic.
3. Teach your child to use appropriate hand signals.
4. Oil the chain regularly.
5. Ensure tires are properly inflated.
6. Raise or lower the seat to the proper height.
7. Use lights at dusk and avoid night riding.
8. Use GLOVES to protect the palms during a fall.
9. Use reflective clothing to improve visibility to drivers.
10. Wear knee and elbow pads to avoid cuts and bruises.

In a crash, helmets reduce the risk of brain injury. 2

Stop sign symbol is around 75% of serious or fatal cyclist accidents occur in urban areas. 1

25% of cyclist fatalities occur in daylight. 1

Meemic.com/Bike also contains many safety tips and information.