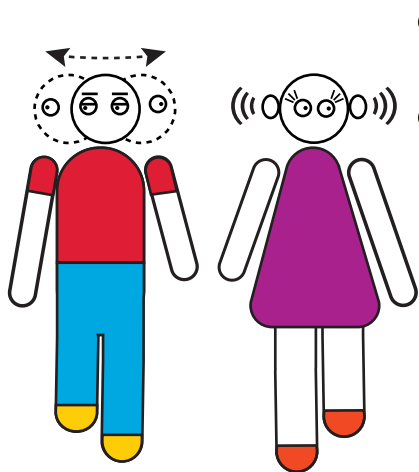


Be A Safe Walker

Walking is a healthy and fun way to get where you are going.

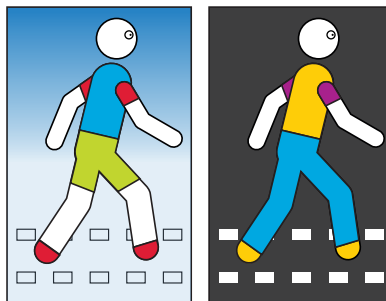
[Here are some tips so you can walk safely.]

1 Be Alert, Look & Listen



- "Always look all ways" when walking.
- Use your eyes and ears to watch and listen for cars, trucks, bicycles, and other pedestrians.

2 Be Seen, Day or Night



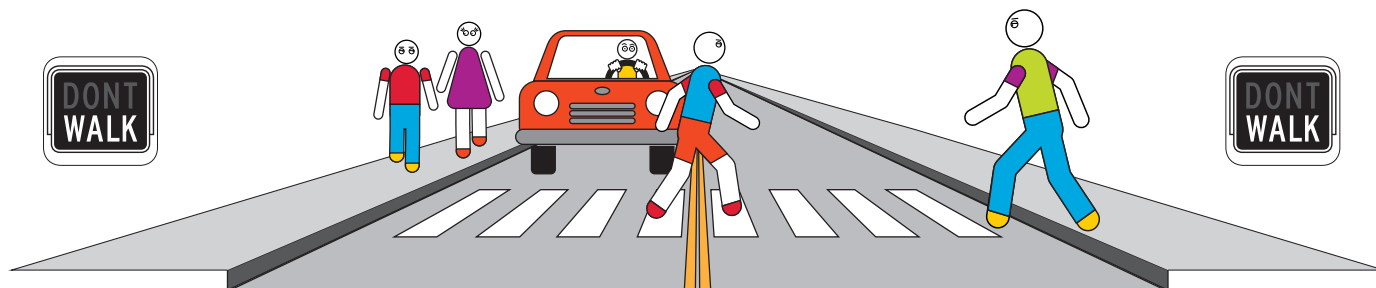
- It can be difficult for drivers to see you walking - wear bright, white, or light-colored clothing.
- Wear reflective clothing and carry a flashlight or blinking light at night.
- Watch for cars backing or pulling out of driveways, alleys, where it is especially difficult for drivers to see.

3 Use Sidewalks

- Use sidewalks.
- If there is no sidewalk, walk on the left side of the road facing traffic.
- Plan safe walking routes with your parents or another adult.

4 Cross with Care

- Stop, look left, look right, and look left again, before crossing a road.
- Cross at a crosswalk whenever you can.
- At traffic lights, wait for the white "WALK" sign to light up and then look left, right and left again before crossing.
- Watch for turning cars at all intersections, even if the walk signal is lit.
- "Wait, Watch, and Wave" - be certain to wait until ALL cars have stopped in ALL the lanes, and the drivers have seen you before you cross.
- Be predictable - don't run into the street for any reason.
- When crossing with others, make your own decision if it is safe for you to cross.



When we all practice safe walking it is easy to be safe, get good exercise, and have fun!

Be A Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to “drive” your bike?

[Riding your bike is just like driving a car - there are rules for bike driving.]

1 Wear Your Helmet the Right Way



The Right Way



Too Far Back



Too Far Forward

It's the law to wear a helmet correctly if you are under 16. Do the "Eyes, Ears, Mouth Test"™

Put on your helmet so it is level and snug —if it slides around, you need to insert thicker pads.

- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows.
- **EARS** - the straps should meet right under your ear lobes to form a Y.
- **MOUTH** - the strap should be loose enough so you can insert no more than two fingers between the buckle and your skin. It should be tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

2 Dress Bright & Tight for Safety



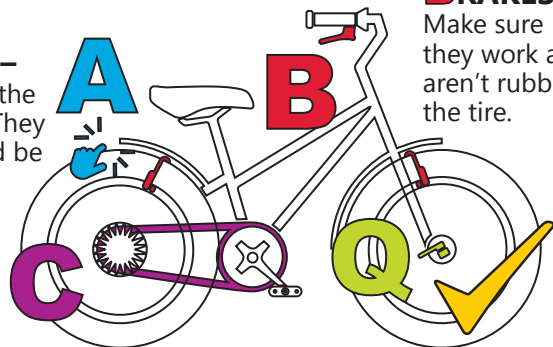
- Wear light or bright-colored clothing so you can be seen.
- Tuck away shoelaces, strings or cords so they don't dangle ~they may get caught in the moving parts of your bike.
- Loose or baggy clothing can also be dangerous~so make sure you wear snug clothes.
- Never wear flip flops or headphones while riding.

3 Check Your Bike for Safety

Check it yourself before biking with the

ABC Quick Check:

AIR – Pinch the tires. They should be hard.



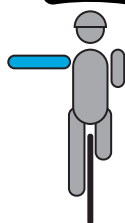
CHAIN/CRANK –If there are problems with your gears or if the chain is loose, fix your bike or take it to a bike shop.

QUICK CHECK – Check “quick release levers” and other bolts to make sure they are tight.

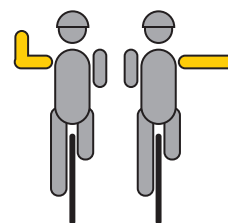
Have your bike checked at least once a year at a bike shop.

BRAKES – Make sure they work and aren't rubbing the tire.

4 Obey the Rules of the Road



LEFT



RIGHT



STOP

(Back View of Bike Driver)

- Obey traffic signs, signals, and laws.
- Ride on the right side of the roadway with traffic.
- Use hand signals before turning or stopping.
- Ride single file.
- Ride straight — no surprises!
- Look back and signal before turning or stopping.
- Yield to people walking.
- Use lights if riding at night.
- Always stop at the end of your driveway — look left, right, then left again before entering the road.
- Feel unsafe? You can always walk your bike.

When we all drive safely and follow the rules of the road, it is easy to be safe and have fun!