

PUBLIC HEALTH BIKE SAFETY PROGRAMS...

Bike Helmet Program

If you can't afford a bike helmet

Parents/Guardians that live in Washington County* may be able to get a bike helmet and a lesson using it right, if they do not already have a bike helmet and take part in any of these programs:

- «WIC
- «Medicaid
- «Food Stamps
- «Social Security
- «Public Assistance
- «Head Start
- «Community Maternity Services

We have Helmets for every age... from Kids to Adults.



Call **746-2400** and ask to talk to someone about the Bike Helmet Program. If you meet the guidelines, an appointment will be set up.

Or call one of our Partnering Agencies

Cambridge Valley Rescue Squad:

518- 677-8211

Easton-Greenwich Rescue Squad:

518- 507-6507

Granville Rescue Squad:

518-642-1830

Salem Rescue Squad:

518-854-7199

Bike Helmets reduce the risks of a serious head injury by nearly 70%!

Is your child's Helmet right?!

Do the "Eyes, Ears and Mouth" check:



EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).



EARS check: Make sure the adjuster is under the ear so that the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.



MOUTH check: Now open your mouth as wide as you can! Do you feel the helmet hug your head? If not, tighten those straps!



If there is not a sidewalk, Walk on the **LEFT**, Facing Traffic so you can see cars coming toward you.

Always Bike on the **RIGHT**, With Traffic because you must obey all traffic signals, signs, and markings.

Know your Hand Signals

The signals people on bikes must use are shown below. Use your left arm to make turn signals, unless using the alternative signal for right.

Note there are two different signals for a right turn. If you use your left arm for a right turn signal, bend it up at the elbow. This will be more easily recognized as a turn signal than simply extending your arm straight up.

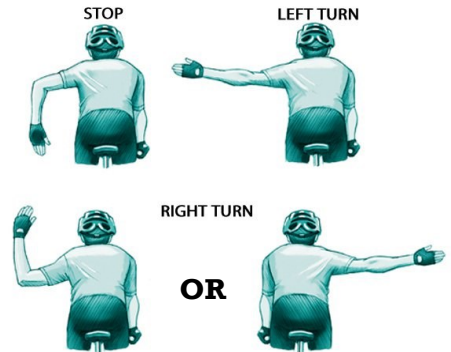


Image source: www.bicycling.com

The "ABC Quick Spin Check":

A is for Air: Be sure you have enough air in your tires

B is for Brakes: Look to see that your brake pads are not worn

C is for Chain and Cranks: Pull on your cranks to see that they are not loose and look to see that the chain is not rusted and it is free of gunk

Quick Release: Make sure all quick releases are closed

Spin is for Spinning the Wheels: Make sure they spin smoothly, don't wobble, and have no broken Spokes.

Check is for Check it Over: Take a slow, brief ride to check that your bike is working right

<http://bikeleague.org>

New York State Law

Bicyclists, in-line skaters, and people on non-motorized scooters **under the age of 14** are required by law to wear an approved safety helmet.

Any parent or guardian who allows their child to violate the helmet law is subject to a fine of up to \$50.

Children under 1 year old are not allowed on bicycles or in bicycle trailers.

Bicyclists and in-line skaters must ride **with** traffic so they can obey all traffic signals, signs and pavement markings. Bicyclists must also signal for turns whether driving on a roadway, a bike lane or bike path.

←.....(See Inside for hand signals)

The law also requires that you:

- Report a bicycle crash that involves death or serious injury to the New York State Department of Motor Vehicles (DMV) within 10 days of the incident. Parents must file on behalf of minor children.
- Sit on the bike seat, not the fender or handlebars. Keep feet on the pedals, and never carry more people on the bike than the number for which it was designed.
- Keep at least one hand on the handlebar at all times.
- Never attach yourself or your bike to another vehicle on the roadway.
- Never drive a bicycle with a motor attached on any public highway.
- Never wear more than one earphone attached to a radio, tape player or other audio device.

<http://www.safeny.ny.gov/media/share-road.htm>

Helmets are important for riders of ALL ages, not just young bicyclists!
86% of bicyclists deaths are people 20 or older!

Source: Insurance Institute for Highway Safety

In New York State a bicycle must have:

- A **brake** that is capable of making the bike tires skid on dry level pavement.
- A **bell, horn** or other device that can be heard at least 100 feet away. Sirens and whistles are not permitted.
- Bicycles driven between 1/2 hour after sunset and 1/2 hour before sunrise must be equipped with a **white front headlight** visible in darkness for at least 500 feet, and a red taillight visible for at least 300 feet.
- Any bicycle driven at night, must have **reflective tires, or wide-angle, spoke-mounted reflectors**. Reflectors must be colorless or amber for front wheels, and colorless or red for rear wheels.



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WASHINGTON COUNTY
PUBLIC HEALTH

Bike Helmet Program



Can't afford a
Bike Helmet?

We can help!

Look inside for New York State Laws
and other Bike Safety information too! →

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