

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)



The number of children aged 5-14 hospitalised in 2011-2012 due to bike-related injuries was*

1,905



SAFETY CHECKLIST

- Approved and fitted helmet
- Brakes
- Lights
- Reflectors
- Working bell
- Visibility devices (reflective tape, flags)

SAFETY TIPS

SELECTING A BIKE

- Ensure the bike is the right size and the right type for the child's abilities.
- Children should be able to reach the handlebars comfortably when seated.

SAFE RIDING

- Ensure tyres, steering and braking systems are operating correctly.
- Choose safe places to ride - away from slopes, stairs, bumps, vehicles and driveways.

HELMET FIT

- Check fit of the helmet by pushing gently - it should have limited movement.

MAINTENANCE

- Replace helmets that have been damaged, cracked or worn out.
- Maintain bike regularly.



Child Accident Prevention Foundation of Australia

New South Wales



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