



Bike Safety

More children ages 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88% - yet only 45% of children 14 and under usually wear a bike helmet.

Wear a helmet—It is the single most effective way to reduce head injury and death from bicycle crashes. Kids AND adults should wear helmets. A helmet should also be worn correctly and make sure it's not too big or too small for your rider.

Follow the rules of the road, just as if you were a car driving on them. Ride with traffic, use hand signals and follow all road signs/traffic signals.

Be predictable and be seen! Cross at corners and crosswalks—not mid block. Wear bright colors when riding at dusk and dawn.

When crossing the street make sure you STOP—look left, right and left again—make sure the car's tires stop before crossing the street.

Distracted Driving

Distraction is more than just taking your eyes off the road. Distracted driving also includes taking your hands off the wheel or taking your mind off driving.

Silence your cell phone and turn off the vibration mechanism and your notifications. The less you hear your phone, the less tempted you'll be to respond while driving.

Designate a texter. Ask your passenger to handle tasks such as texting, placing a call or reprogramming your GPS.

Ask family, friends and colleagues to respect your drive: Set cell phone boundaries and politely ask them not to contact you while behind the wheel of a car.

Place your phone in the glove compartment or trunk. The old adage, 'out of sight, out of mind' can be applied here. Wait until you're at your destination or pull into a gas station or rest area to check messages.

Download an app. Get some technological help to stop texting while driving. Download your favorite distraction-free app and forget the distractions while you drive.

VISION ZERO

Zero fatalities. Zero excuses.

This message is shared by Safe Kids Grand Forks
and our partners at ND Vision Zero.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.

