

# ***WHEELS UNDER YOUR FEET? HELMET ON YOUR HEAD!***

Helmets can save your life. NOW IT'S THE LAW!

**NEW JERSEY STATE LAW REQUIRES THAT  
CHILDREN **UNDER THE AGE OF 17** WEAR A HELMET  
WHILE BICYCLING, SKATEBOARDING & ROLLER-SKATING  
P.L.2005, c.208**

*Brain injury is a leading cause of death and disability  
in children and young adults.*

*A properly worn helmet is the single most effective safety device available to  
reduce brain injury and death by as much as 88%.*

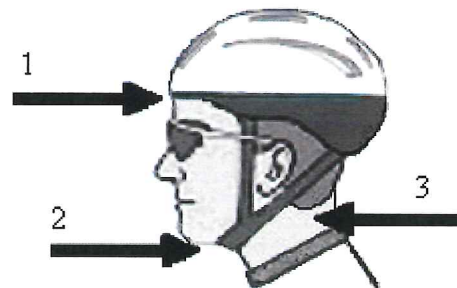
*- Dr. C. Everett Koop, MD., former U.S. Surgeon General*

*"I was hit by a car. I flipped over the car, followed by my bike. If I hadn't been  
wearing my helmet, I could have died. I almost missed out on my life."*

*-16 year old girl from Branchburg*

*Be Sure the Helmet Fits Properly...*

- 1) The helmet should fit directly over the forehead, two fingers above the eyebrows.
- 2) Tighten the chinstrap to keep the helmet from slipping forward or backward. Only two fingers should fit under the chinstrap.
- 3) The straps of the helmet should form a "V" under your ears when buckled.



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## Use Caution at Intersections

More than 70 percent of bicycle crashes occur at driveways or intersections. Before you enter any street or intersection, check for traffic. Always look left, right and left again, before proceeding into the intersection.

## Make Sure Your Bicycle is in Good Working Order and Properly Adjusted

Make sure your tires are properly inflated. Check to see if all parts are secured and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure, and your bike seat properly adjusted.

Always check the brakes before riding. Ride slowly in wet weather and apply your brakes earlier – it takes more distance to stop.

## PRE-RIDE CHECKLIST

- ☒ HELMET PROPERLY FITTED AND FASTENED
- ☒ BRIGHT, VISIBLE AND REFLECTORIZED CLOTHING
- ☒ TIRES PROPERLY INFLATED
- ☒ ALL PARTS SECURED & WORKING
- ☒ HANDLEBARS FIRMLY IN PLACE AND TURN EASILY
- ☒ SEAT PROPERLY ADJUSTED
- ☒ HORN OR BELL WORKING
- ☒ KNOW THE RULES OF THE ROAD
- ☒ RIDE SAFELY

## Always Ride Sober and Alert!

Riding a bicycle requires the full focus and attention of the rider. Consuming even a small amount of alcohol or drugs can dull the senses, decrease reaction time, and hamper judgment, vision and alertness. Never text, listen to music or use anything that distracts you by taking your eyes, ears or full attention off the road and traffic.



- Obey all traffic signs and signals.
- Ride with traffic.
- Make sure your bike has a horn as well as front and rear lights.
- Wear bright, visible and reflectORIZED clothing.
- Wear a helmet, it could save your life.

## SAFE BICYCLE RIDING



## IN NEW JERSEY

### SAFE PASSAGE

*moving toward zero fatalities*

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## A Bicycle is Not a Toy, It's a Vehicle

Every year, bicyclists throughout New Jersey are involved in crashes that result in both injuries and tragically, fatalities. While many of these crashes involve motor vehicles, many do not. Injuries can occur in parks, bike paths and driveways.

Injuries to the head are often the most serious and are the most common cause of death among bicyclists. The most severe injuries are those to the brain that cause permanent damage.

The simple safety tips outlined in this brochure can help reduce the chance of serious injuries occurring when bike riding. Following these guidelines every time you ride will help ensure a safe and enjoyable ride.

### Wear a Helmet – It's the Law

New Jersey law states that bike riders under the age of 17 must wear a properly fitted and fastened helmet that meets the standards of the Snell Memorial Foundation, the American Society of Testing and Materials (ASTM) or the U.S. Consumer Product Safety Commission. Always ensure a proper fit by tightening the chin strap to keep the helmet from slipping. Only two fingers should fit under the chin strap. The extra padding that comes with the helmet can be used to further adjust the fit.



A child who violates the law will be warned of the violation by the enforcing official. The child's parent or legal guardian can be fined up to \$25 for the first offense and up to \$100 for a subsequent offense. While the law addresses those under the age of 17, all riders are strongly encouraged to wear a helmet.

### Bicycles Should be Seen and Heard

Wear clothes that make you more visible. Wearing neon, fluorescent or other bright colors helps you be easily seen by motorists. Under New Jersey law, all bicycles must be equipped with a horn or bell. Use this equipment to alert drivers and pedestrians of your presence.



### Avoid Riding at Night

It's far more dangerous to ride a bicycle at night than during the day. Most bicycles are equipped for daylight riding, but need to be adapted for nighttime use.

New Jersey law requires bicycles to be equipped with rear and pedal reflectors. In addition, the bike should have side reflectors or reflective tire sidewalls. If you're planning to ride at night, you must also have a white light installed in front.

## Go With the Flow, Ride on the Right Side of the Road with Traffic

Always ride on the right side of the road, with traffic. Ride no more than two abreast (as long as it does not impede the flow of traffic), in a straight, predictable path. Riding against traffic will put you where motorists don't expect you.

### Obey All Traffic Laws, Signs and Signals

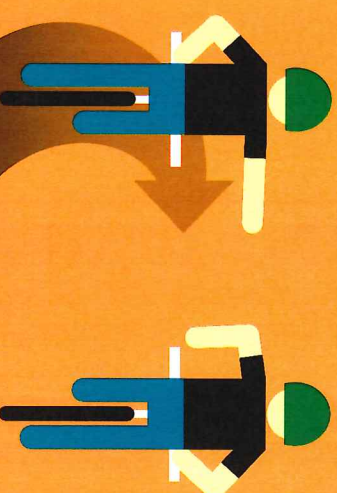
Bicycles are considered vehicles and must obey the same rules as motorists. Always signal your intentions and be courteous to pedestrians and other vehicle operators.

### Hand Signals



RIGHT TURN

LEFT TURN



OPTIONAL RIGHT TURN

SLOW DOWN OR STOP