Proper Fitting Helmet

Wear your helmet the right way. Do not tilt it too far forward or too far back. Your helmet should be snug. One finger should fit between the chin and chin strap. Shake your head. If the fit is right, your helmet will stay on tight.

Circle the helmet that is worn the right way.

For more information please contact:
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Walking Safely

STOP AT THE CURB.
Look left, right, and left again before crossing. Keep looking as you cross.

WALK ON SIDEWALKS or paths. If there are no sidewalks, face traffic and stay left.

MAKE EYE CONTACT with drivers before crossing in front of them.

WATCH FOR CARS that are turning or backing up.

CROSS AT CROSSWALKS or at intersections. Use signals when they are there.

WALK AT CROSSWALKS or at intersections. Use signals when they are there.

MAKE EYE CONTACT with drivers before crossing in front of them.

WATCH FOR CARS that are turning or backing up.

STOP AT THE CURB.
Look left, right, and left again before crossing. Keep looking as you cross.

OBEY ALL TRAFFIC LAWS.
When riding in the street, obey all traffic signs, signals and lane markings.

ALWAYS WEAR a properly fitted bicycle helmet.

CHECK YOUR EQUIPMENT before riding, inflate tires properly and check that your brakes work.

RIDE RIGHT Bikes travel with traffic, not against it so ride on the right side of the road.

SEE AND BE SEEN wear something that reflects light and place reflectors on your bike.

Biking Safely

ALWAYS WEAR a properly fitted bicycle helmet.

CHECK YOUR EQUIPMENT before riding, inflate tires properly and check that your brakes work.

RIDE RIGHT Bikes travel with traffic, not against it so ride on the right side of the road.

SEE AND BE SEEN wear something that reflects light and place reflectors on your bike.

OBEY ALL TRAFFIC LAWS.
When riding in the street, obey all traffic signs, signals and lane markings.

CHECK YOUR EQUIPMENT before riding, inflate tires properly and check that your brakes work.

RIDE RIGHT Bikes travel with traffic, not against it so ride on the right side of the road.

SEE AND BE SEEN wear something that reflects light and place reflectors on your bike.