



Super Safety Tips for Bike Riding and Preventing Dog Bites

Helping Families
Prevent
Injuries



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www.HelpKeepSafe.org

SAFETY TIPS FOR BIKE RIDING



Nikki age 8

Here are some important safety tips to help keep you safe when riding a bike:

- Always wear your helmet and bright colors like fluorescent green, yellow or orange.
- Always follow traffic signals and road signs, just like cars do. Stop at all stop signs and at all traffic lights.
- Always ride on the **RIGHT** side of the road. Never, ever ride against traffic.
- Always check behind you when changing lanes.
- Watch out for dangerous things in the road way. Road litter, potholes, gravel and storm grates can all cause you to lose control.
- Be extra careful at crossroads.
- Don't follow cars too closely. They may not see you.
- Always signal before making a left or right turn. To make a left turn: look behind you, hold your left arm straight out and proceed carefully. For a right turn hold your left arm out and bend your forearm to make an 'L' shape.

REMEMBER,
BE SMART, BE SAFE!



Nikki age 8

SAFETY TIPS TO HELP PREVENT DOG BITES

Unfortunately, even our favorite pets can sometimes bite. Here are some important safety tips to help prevent dog bites:

- Never approach a dog that you don't know.
- Remain motionless when approached by an unfamiliar dog – never run or scream.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- If it appears that a dog is going to attack you, throw an article of clothing or something else at the dog that the dog can bite instead of biting you.
- If a dog leaps at you, cover your head and neck. It is very important that you try to keep the dog away from your head and neck.
- If knocked down by a dog, lie still and remain in a ball. Do not play aggressive games with your dog; for example, wrestling.



- Never try to separate fighting dogs.
- Always ask the dog's owner and your parent before getting close to, petting or playing with a dog.

Help Keep Kids Safe is a public service program of
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