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**Riley Children's Health**  
Indiana University Health

**Riley Children's at Indiana University Health**

Riley Children's Health is Indiana's only full service statewide pediatric health system. Riley Children's Health offers complete, comprehensive pediatric care ranging from routine primary care checkups to the most complex acute care needs from highly skilled pediatric specialists. The system connects patients with 200 primary care and 400 specialty care physicians in 19 communities across the state of Indiana. Riley Physicians treat patients in their home communities, bringing top-notch care close to home. This statewide network is an extension of Riley Hospital for Children at Indiana University Health, one of the nation's leading children's hospitals.

**[rileychildrens.org](https://rileychildrens.org)**

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## Bike safety



**Riley Children's Health**  
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## Helmet fitting

Protect your head. When an individual wears a properly fitted bike helmet for every ride, they reduce their risk of brain injury by at least 45%.

- Make sure that everyone you ride with wears an approved CPSC (Consumer Product Safety Commission) bike helmet for every ride.
- Never buy or accept a used bike helmet, and always replace a helmet that has been in a crash.
- For proper fit, follow these steps:
  - Place the helmet on the person's head, level to the ground, with no more than two fingers width between the eyebrows and the helmet rim.
  - The straps should form a "V" around the ears.
  - No more than one or two fingers should fit between the chin and the strap.
  - The helmet should not move when the person shakes their head up and down or from side to side. Some helmets come with removable padding or a dial that can be used to make adjustments.
- A person's head measurement determines the size of helmet needed. Please review the size requirements listed on your helmet.



## Bike fitting

- When selecting a proper sized bike, make sure that the person is able to stand with both feet flat on the ground and have 1 – 2 inches between the individual and the top tube, depending on the type of bike.
- Beginning riders should be seated with both feet flat on the ground and be able to reach the handlebars while sitting upright.
- The seat may need to be adjusted for their height.



## Bike safety tips

- Always wear your bike helmet.
- Check your bike's tires, brakes and chain to see if they work properly, and check the quick releases to be sure they are tightened before riding.
- Wear brightly colored clothing when you are riding your bike and make sure that your bike has reflectors so drivers can easily see you.
- Try to avoid riding your bike in the early morning, in low light, or after dark. If you do ride during these times, ensure there is a white front light and red rear light or reflector on the bike.
- Provide adult supervision for any child who is riding a bike, until you are comfortable and they are responsible to ride on their own.
- Ride your bicycle on the sidewalk when it is available.
- Know the rules of the road and always obey them:
  - Use proper hand signals for stops and turns.
  - Ride in the same direction as traffic and ride close to the right-hand side of the roadway.
  - Obey all signs and traffic lights.
  - Walk your bike across busy intersections.
  - Stop, look left-right-left and behind you before riding out into the street.

## Hand signals

The proper use of hand signals to use while riding a bicycle is very important for the safety of the biker and those around them.

**To turn left** –  
Extend your left arm out straight sideways.



**To turn right** – Extend your left arm out sideways bent at a 90° angle at the elbow joint, hand pointing upwards and the palm of your hand facing forward. Another choice is to extend your right arm out straight.



**To stop or slow down**  
– For stopping, extend your left arm sideways and have a 90° angle at the elbow joint and hand pointing downwards and the palm of your hand facing backwards.

