



"Your Local  
Health Department"

## NEWS RELEASE

August 3, 2017

# Branch - Hillsdale - St. Joseph Community Health Agency

570 N. Marshall Road  
Coldwater, MI 49036  
(517) 279-9561  
Fax (517) 278-2923

20 Care Drive  
Hillsdale, MI 49242  
(517) 437-7395  
Fax (517) 437-0166

1110 Hill Street  
Three Rivers, MI 49093  
(269) 273-2161  
Fax (269) 273-2452

[www.bhsj.org](http://www.bhsj.org)

Rebecca Burns, Health Officer  
517-279-9561 ext. 0148#

Nana Amaniampong  
Health Promotion and Education Coordinator  
517-279-9561 ext. 0144#

## FOR IMMEDIATE RELEASE

### Bike Helmet Safety

With the weather being so nice and kids getting ready to go back to school, riding your bike is a great way for families to take advantage of the nice weather. Riding your bike is a great exercise and also great for the environment. When riding your bike, it's important to make sure you are protecting yourself at all times. Here are some tips to help you be a safe cyclist:

- **Wear a helmet:** wearing a helmet is the best way to prevent head injuries and death. Wearing a properly-fitted helmet can reduce the risk of head injuries by at least 45%, brain injury by 33% and facial injury by 27%. Parents should invest in helmets to fit a child now and not a helmet to grow into. Helmets should fit snug and sit low on the forehead, not rock side to side and not slip forward or backwards. When wearing a helmet, make sure to tighten chin straps tightly so that it forms a V-shape around the ear.
- **Stand out and be seen:** when going for a bike ride, wear light colored or reflective clothing so that you can stand out, especially in the morning and at night. Reflectors on your clothing will help you be seen when it is dark outside.

- **Stay alert and avoid road hazards:** be on alert for pot-holes, cracks, railroad tracks, drainage grates and obstacles in your path so that you don't hurt yourself and damage your bike.
- **Check your bike:** before riding your bike, make sure your brakes are working properly and tires are inflated properly to avoid injuries.
- **Ride with traffic:** actively supervise your children when riding and make sure they don't wear loose clothes so it doesn't get caught in the bike chains. According to the Michigan law, bicyclist must ride on the right side of the road at all times. Lastly, when riding, make sure to follow the rules of the road.

To learn more about bike safety tips, visit [www.safekids.org/bike](http://www.safekids.org/bike) and be sure to visit our Facebook page at [www.facebook.com/bhsjwic/](http://www.facebook.com/bhsjwic/)