



# Bike Safety Presentation Display for National Night Out

## Social Media Posts

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### January:

Winter weather makes spring seem like a fairytale, but it will be here before you know it. Now is the time to make sure your family's bikes are in good working order and you have all the necessary safety accessories. Number one on the list should be a properly fitting bike helmet. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper fitting tips. Be prepared when spring weather gives you biking fever.

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### February:

Keep your Valentines safe when they are riding their bikes. Number one on your safety list should be wearing a helmet on every right, but don't stop there. Check these off your list too: wear bright reflective clothing and have reflectors and lights on your bikes; on roads ride with traffic in a single file; obey all traffic signs and signals; watch for cars turning or exiting driveways; ride defensively – be aware of your surroundings and expect the unexpected; and use hand signals when turning or stopping. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper helmet fitting tips.

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### March:

March weather can be fickle, cold one day and warm the next. Make sure you aren't fickle about safety when it comes to wearing bike helmets. No helmet, no riding! Kids follow your lead, so make sure you wear your helmet correctly every ride, and insist that they do, too. Teach them to use their eyes, ears, and mouth to make sure their helmet is fitted correctly. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to learn how.

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### April:

April showers bring May flowers. The spring weather means more outside time, and hopefully some biking time, too. Make sure safety comes first. Helmets reduce the risk of head injury by 45%, brain injury by 33%, facial injury by 27%, and fatal injury by 29%. For the best protection, make sure your helmet fits, and you wear it correctly every time you ride. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to learn how.

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### May:

May is National Bike Safety Month, when cycling enthusiasts across the country celebrate the many benefits of cycling. It's about kids biking in their driveway or in the park; it's about teens riding on a biking trail with their friends; it's about employees riding to work on through the city; it's about families enjoying an outing on the weekend or on vacation. But more than that, it's about increasing awareness about bike safety: wearing helmets, increasing visibility with reflectors, obeying traffic laws, and



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scanning your surroundings as you ride. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to download helmet fit test poster.

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June:

Summers in full swing, so make sure your bike is geared up for your vacation, or those long weekend rides. Check all the safety boxes, starting with a properly fitting helmet. Your list should include: wearing bright reflective clothing and have reflectors and lights on your bikes; riding with traffic in a single file; obeying all traffic signs and signals; watching for cars turning or exiting driveways; riding defensively – being aware of your surroundings and expecting the unexpected; and using hand signals when turning or stopping. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper helmet fitting tips.

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July:

Fireworks and big bangs are fun for celebrating Independence Day, but not for riding bikes. Safety is key to make sure biking doesn't end with a bang. Correct helmet fit is most important. Put the helmet on head, making sure it's level and the straps are snug and buckled under the chin, then check the following: 1) Eyes: Should see the bottom rim of the helmet when looking up. 2) Ears: Straps should form a "V" under the ears when buckled. 3) Mouth: Helmet should hug head when mouth is opened wide. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to download helmet fit test poster.

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August:

The end of summer is just around the corner, but warm weather means there's still time for biking before cold weather and school get in the way. But make sure your ride doesn't send you to the emergency room. Your safety list should start with wearing a helmet on every right, but don't stop there. Check these off your list too: wear bright reflective clothing and have reflectors and lights on your bikes; on roads ride with traffic in a single file; obey all traffic signs and signals; watch for cars turning or exiting driveways; ride defensively – be aware of your surroundings and expect the unexpected; and use hand signals when turning or stopping. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper helmet fitting tips.

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September:

Fall is in the air, but don't let a tumble from your bike ruin your ride. According to the National Highway Traffic Safety Administration, when bike helmets are used correctly, they reduce head injuries by 85 percent and brain injury by 88 percent. Wearing them correctly is as easy as 1, 2, 3 when you remember these steps: 1) Eyes: Should see the bottom rim of the helmet when looking up. 2) Ears: Straps should form a "V" under the ears when buckled. 3) Mouth: Helmet should hug head when mouth is opened wide. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to download helmet fit test poster.



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### October:

Trick or Treat - safety for Halloween, or any outside activity starts by being seen. Wearing bright reflective clothes while biking means you will be more visible to vehicle drivers and other bikers. Reflectors on your bike and helmet will increase the visibility even more. Another trick for being safe is to make sure your bike and helmet fit you correctly, and are in good working order. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper helmet fitting tips.

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### November:

Be thankful for the lingering warm days, and make good use of them. Make it family time by taking out your bikes and checking them for safety issues, then buckling on your helmets and going for a family ride. Kids learn from adults, so make sure you always wear your helmet correctly and show them the safety rules of the road, including: wearing bright reflective clothing and having reflectors and lights on your bikes; riding with traffic in a single file; obeying all traffic signs and signals; watching for cars turning or exiting driveways; riding defensively – being aware of your surroundings and expect the unexpected; and using hand signals when turning or stopping. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) for proper helmet fitting tips.

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### December:

Bikes and Helmets: A Winning Team - If a child you know is going to find a bicycle under the Christmas tree this year, make sure they also find a bike helmet. If they already have a bike, consider putting their safety on YOUR Christmas list and buy them an appropriately sized helmet. A Helmet Fit Test poster is available from Maryland Emergency Medical Services Systems. It shows you how to teach your child to use their eyes, ears, and mouth to check for appropriate fit. Visit [miemss.org/home/bike-safety-project](http://miemss.org/home/bike-safety-project) to download pdf versions for printing, or email [bikesafety@miemss.org](mailto:bikesafety@miemss.org) to request professionally printed posters.