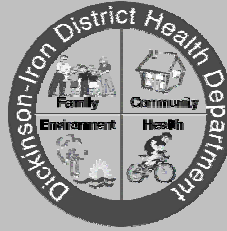


Pedestrian & Bicycle Safety



Dickinson-Iron District Health Department

"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"

FACTS

- In the United States, 4,641 pedestrians died from traffic-related injuries in 2004, and another 68,000 sustained nonfatal injuries (National Highway Traffic Safety Association, 2005). Nearly one-fifth of the traffic fatalities among children ages five to nine years were sustained by pedestrians.
- A total of 173 children ages 14 and under died in bicycle-related crashes in 1999.
- No more than one in four child bicyclists use bicycle helmets, although research shows that helmets can drastically reduce the risk of death and injury and the severity of injury.

Summer Safety Month

SERVICES AVAILABLE:

Dickinson-Iron District Health Department

(906) 774-1868 or (906) 265-9913

<http://www.didhd.org>

WHAT YOU SHOULD KNOW

Helmet Safety:

- ✓ Buy a helmet that meets or exceeds current safety standards. Correct fit is essential.
- ✓ Do the "Eyes, Ears and Mouth" check:

EYES check: Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).

EARS check: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.

MOUTH check: Now open your mouth as wide as you can! The helmet should hug your head.

Scooter, Bicycle and Pedestrian Safety:

- ✓ Be sure that safety gear (wrist, elbow and kneepads) fits properly and does not interfere with the rider's movement, vision or hearing. Wrist pads are not recommended for scooter riders as they may affect their ability to maneuver.
- ✓ Ride scooters and bikes only on smooth, paved surfaces and only ride during daylight hours.
- ✓ Come to a complete stop before entering driveways, paths or sidewalks, then look left, right and left again for bikes, cars or pedestrians heading your way.
- ✓ Teach crossing safety to children by example.

RESOURCES:

Safe Kids Michigan – Safety Tips

<http://www.michigansafekids.org/safety.shtml>

Centers for Disease Control and Prevention National Center for Injury Prevention & Control

<http://www.cdc.gov/ncipc>

American Red Cross – Summer Safety Tips

<http://www.redcross.org/services/hss/sumsafety/>

National Highway Traffic Safety Administration Bicycle & Pedestrian Safety Resource Guide

<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/BikePedestrian/>

