

## **Bicycle Safety**

### **Bike Inspection**

Handlebars straight

Seat tight

Tires air and spokes

Chain tight and oiled

Lights and reflectors

Bike is the right size for rider, (there should be two inches between you and the top tube bar. Handlebars level with the seat.)

### **Knowledge**

#### **Bike Safety**

Wear a properly fitted helmet

No loose clothing that can get caught in the chain, bright colored clothing to be seen by day and night.

Have a lock to use when you arrive and leave your bike. Lock between wheel and frame.

#### **Rules of the Road**

When riding in the road, always ride on the right hand side (same direction of traffic)

Obey traffic laws, including all traffic signs and signals

Ride in a straight line, don't weave in and out of traffic or parked cars

Be courteous to walkers on a sidewalk, pass on the left

## Seatbelt Safety

It is the law that everyone must wear their seatbelt in the vehicle. It also covers the fact that it must be worn correctly. The law covers what type of seatbelt device is best for small children

Under the age of five, seatbelts are essential to wear due to statistics showing that during a car crash many things go on. If the car is hit from behind and you are not wearing your seatbelt you could be thrown from your seat forward possibly through the windshield. If the car is hit from the side it could result in your body being thrown from one side to another. If the car is hit from the front it could throw your body forward. Seatbelts keep you in place during an impact of a car crash. They have saved lives more than harmed them. Wear yours IT IS THE LAW! (SEE BELOW)

### Louisiana Child Passenger Safety State Law/**Best Practices**

**Birth to at least 1 year and less than 20 lbs**-ride rear facing in an infant or convertible seat. Children under 1 should always ride in a rear facing car seat: infants only, convertible and 3-in-1 car seats which typically have higher and weight limits. Which allows you to keep your child rear facing for a longer period of time.

**At least 1yr old and 20-40 lbs**- Ride forward facing in a convertible or combination seat used with the internal harness. Keep children rear facing as long as possible. Children should remain in a rear facing car seat until they reach the top height or weight limit allowed by the car seat's manufacturer. Once the child outgrows the rear facing car seat, they are ready to travel in a forward facing car seat with a harness.

**At least 4-6 years old and 40-60 lbs** – Ride in a belt positioning booster seat (may be backless or high back) Keep children in a forward facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once the child outgrows the forward facing car seat with a harness, they can travel in a booster seat in the back seat of the car.

**At least 6 yrs old or at least 60 lbs** – Ride using the vehicle lap-shoulder belt or belt positioning booster seat.

\*A child, because of the age or weight, can be placed in more than one category shall be placed in the more protective category.

\*If there is an active passenger side airbag, the child shall ride in the back seat, if a back seat is available.

\*Always read car seat instructions (for specific weight and height limits) and vehicle instructions for installation guidance.

## **Good touch-bad touch**

Touching someone or someone touching us send messages to us. Good or bad?

Good touch: hand shake, pat on the back, hug from a family member or close friend.

Bad touch: slap, punch, pull hair.

Another touch that sends a bad signal is:

Physical touching of private areas of your body. Where your bathing suit covers your body it is private and no one has the right to touch you there, except a doctor. If someone touches you, or wants to see you with no clothes on, or see those private areas it makes you feel uncomfortable you should report it to family, school and police, they will make sure you are kept safe. Even if the person who touched you threatens you or family or says they will be mad at you if you tell, or they say, they will make it look like it was your fault, it is always safe to tell anyway, you're a victim. As a child it is not your fault. Older teens and adults should know better.

If you are told by a friend that someone touched them inappropriately, report it. You are saving your friend from any further contacts by that person.

Children over the age of five are able to take a bath privately without being touched in private areas.

No one should take pictures of you without clothing on, not even family. If this happens it must be reported. If you are not sure you should then talk to someone you trust and get their opinion about reporting it.