

It's the Law

In 1995, the Alabama Legislature enacted a helmet law. It states that anyone under the age of 16 must wear a helmet while riding a bicycle.

Not wearing a helmet may result in the following offenses:

- First Offense- Bicycle safety counseling
- Second Offense- Parent/guardian citation
- Third Offense- Temporary bicycle confiscation.

Violators may also be responsible for a \$50 fine.



Notable Facts:

In Alabama, children under the age of 16 must wear a helmet when riding a bicycle. In case of a violation, the child's parent or guardian may receive up to a \$50 citation.

Nationally, children ages fourteen and under account for over half of the reported bicycle related injuries and 80 percent of the bicycle related fatalities.

Wearing a helmet can reduce the risk of a serious head injury by as much as 85 percent. Most deaths related to bicycle crashes involve head injuries.

Over 70 percent of car-bicycle crashes occur at intersections such as driveways, alleys, and parking lots.

You are welcome to copy and share this brochure.
For More Information contact the Injury Prevention Division of the Alabama Department of Public Health at 334-206-5300 or 1-800-252-1818
www.adph.org/injuryprevention

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Bicycle Safety

Protecting Your Family from Injury



The Alabama Department of Public Health
Injury Prevention Division
201 Monroe Street, Suite 900
Montgomery, AL 36104

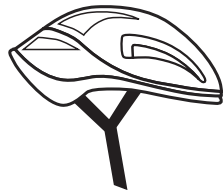
Carefully Choosing and Maintaining Your Bike

- You must be able to straddle the bike's cross bar with both feet placed firmly on the ground.
- Equip your bike with a rearview mirror.
- Always check your brakes before riding.
- Check the tires before every ride and after any crash or fall.



Wearing a Helmet

- The helmet should fit snugly and be worn in a level position on your head.
- Make sure that the helmet does not move in any direction, back-to-front or side-to-side.
- Always secure the chin strap.



Obeying Traffic Laws

- Always travel single file in the same direction as vehicles.
- Bicycles are considered vehicles. Bicyclists must obey the same laws as motorists.
- Always signal your moves.

Right Turn Signal: Extend your left arm with the elbow bent upward or bend your right arm horizontally at shoulder height.

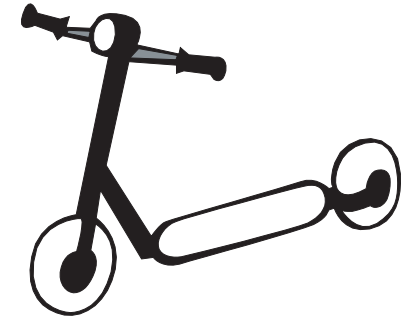
Left Turn Signal: Extend your left arm horizontally at shoulder height.

Stop Signal: Extend your right or left arm with elbow bent downward.



Staying Alert

- Watch out for potholes, cracks, drainage grates, or anything that could make you fall.
- Scan for cars pulling in and out of driveways, alleys, and parking lots.
- Be extra careful when roadways are wet or icy.



Being Visible

- Wear bright colors that make you more visible day or night.
- Equip bicycles with reflectors.
- When riding at night, ride on brightly lit streets, wear retro-reflective clothing, and secure retro-reflective materials on ankles, wrists, backs, and helmets.