

Bike safety

Karen Quinnell, Laboratory Manager

Now that Memorial Day has come and gone, many are engaging in fun summertime activities like bike riding. Now is a great time to remind everyone to ride on the safe side!

Did you know there were more than 450,000 injuries that landed people in emergency departments in the U.S. in 2016? And, according to the National Highway Traffic Safety Administration (NHTSA) more than 800 bicyclists died in 2015 due to motor-vehicle-related crashes on public roads and highways.

Check out the bike safety tips below to ensure a safe ride all summer.

Helmet Safety:

- First, use your head: wear a helmet! Wearing one while cycling can significantly reduce the risk of head injury in the event of a fall.
- The helmet should be no more than two

fingers above the eyes.

- The strap should make a “V” under the ears.
- Size matters, make sure the helmet fits. Also, it must have a chin strap and buckle that will stay securely fastened during impact.
- Regularly check the helmet for cracks or degradation. Remember, if you crash it, trash it!
- Stay Visible and Go With the Flow:
- See and be seen. Wear bright colored clothing and use lights when biking at night.
- Bike in the direction of traffic.
- Always obey traffic signs and signals.

From the WA State Department of Health: Injury and Violence Prevention

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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