



Bike safety

With the warm weather this month, get active with your family by playing outdoors. Cycling is a fun and healthy activity, it's a low-cost way to get around, and it's good for the planet. Cyclists have to share the road with cars, pedestrians and other cyclists.

Before you head out on a bike, [learn the rules of the road, helmet information and safety tips for cyclists of all ages](#).

As recommended by [Parachute Canada](#):

- **Always wear a helmet.** Properly worn, it can reduce the risk of serious head injury by up to 80%. Know and follow the [2V1 Rule](#).
- **Be prepared.** Know the rules of the road.
- **Check your ride.** A fun and safe cycling experience starts with a properly equipped bicycle.
- **Be a role model.** Set a good example and [practice safety together](#).

The Ministry of Transportation's [Young Cyclist Guide](#) has additional information on riding tips to keep you safe while cycling.

Got a question? Connect with our team of public health nurses:

[Dial 311](#)
haltonparents@halton.ca
haltonparentsblog.ca
[@haltonparents](#)
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April Redor, RN, BN

Public Health Nurse

Healthy Families

Health

Halton Region

905-825-6000, ext. 3638 | [1-866-442-5866](tel:1-866-442-5866)



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