



Bicycle safety

Bike riding is a great way to get exercise and share time as a family. But before going for a ride, it's important to consider safety. According to SAFE Kids St. Louis, 70-80% of serious bicycle accidents involve head injuries. Most of those injuries could have been avoided if a helmet was worn. When buying a bicycle and helmet, make sure both fit your child correctly and can be adjusted as needed.

See the reverse side for more about bicycle safety.



Here are some things to keep in mind when buying a helmet:

- Pick bright or fluorescent colors that are visible to drivers and other cyclists.
- Look for a helmet that's well-ventilated.
- Make sure the helmet has a CPSC or Snell sticker inside. These indicate that the helmet meets standards set by the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation, a nonprofit group that tests helmet safety.
- Make sure your child's helmet fits correctly and can be easily adjusted.

For more information, visit [cardinalglennon.com](https://www.cardinalglennon.com)

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

