

Good fit is a must when choosing and wearing a helmet.

Right

Helmets come in both adult and child sizes. A helmet must fit snugly.

Be sure to wear the helmet straight across your forehead. Imagine a line parallel to the ground.

Fasten the chin strap securely so the helmet can't easily shift or come off in a fall.



Wrong

If the helmet is not in the proper position, it won't protect you in a fall. Make sure the front of the helmet protects your forehead.



**ARRIVE
ALIVE**



For more information, contact the Missouri Department of Transportation's Highway Safety and Traffic Division at 800-800-BELT (2358) or go to www.modot.org.

This brochure was paid for with highway safety funding by the Missouri Department of Transportation.

TS18.071 8.1

Pedestrian & Bicycle Safety

Staying Safe While
You Walk and Ride



Walkers

Be a Safe Pedestrian.

Basic pedestrian safety includes:

- Obey signs and signals. Use pedestrian crossings, but remember vehicles use that space too. Observe traffic lights and signs. Look in all directions before crossing.
- Walk - don't run.
- Be alert, especially in bad weather. Focus on what's happening around you, and remember drivers' response times can be slower in rain and snow.
- Use sidewalks. If you must walk in the street, walk single file, facing traffic, and stay close to the edge of the road.
- Cross streets only at intersections or crosswalks. Don't surprise drivers by entering roadways from between parked cars or from behind shrubs or bushes.
- Don't assume drivers will stop for you. They may not be paying attention and may not see you. Drivers are usually more focused on other cars than on pedestrians.
- Wear white or light colors and reflective strips, and carry a flashlight while walking at night.
- When wearing headphones or ear buds while walking or running, make sure you keep them at a low volume so you can hear the traffic noise.



For Parents

Make sure children know and practice traffic safety rules. Common safety problems that involve children are:

- darting between cars
- playing in streets
- running across intersections
- getting on or off school buses
- running across streets without looking

Rules of the Road

Ride a Safe Bicycle, and Ride it Safely.

Your safety as a bike rider is mostly up to you. You need to know how to choose and care for your bike, use proper safety equipment and understand the rules of the road.

Your bike should be equipped for safety. This means adding safety features such as:

- a rearview mirror
- a bell or horn
- a headlight and taillight, or comparable reflectors

Chapter 307 of the Missouri Revised Statutes lists minimum mandatory requirements for safely equipping and operating your bicycle on Missouri roads. By law, bicycles must be equipped with a brake or brakes that will enable you to stop the bike within 25 feet from a speed of 10 miles per hour on clean, dry pavement.

Additionally, all bicycles ridden after dark must have:

- a white light mounted on the front of the bicycle or carried by the rider
- a rear-facing red reflector at least two inches square, or a rear-facing red lamp
- reflective material and/or lights visible from each side of the bicycle
- reflective material and/or lights visible from the front and rear on any moving parts or the bicyclist's shoes and lower legs

Some municipalities may have additional laws that govern bicycle safety. Failure to comply with safety requirements may result in fines or even impoundment of a bicycle for up to five days.

