

Living Well Tip of the Week

Children ages 5 to 15 are at the highest risk for bicycle-related injuries & death. *www.CDC.gov*

Teach Your Children the 5 Rules to Avoid Fatal Crashes

1. Before you get on your bike, put on a helmet
2. Never ride out into a street without stopping first
3. Obey stop signs
4. Always signal then check to see if it's safe before you turn or change lanes
5. Remember that pedestrians always have right of way

For more information Child Safety Tips visit the Centers for Disease Control and Prevention at <http://www.cdc.gov/mmwr/preview/mmwrhtml/00036941.htm>

