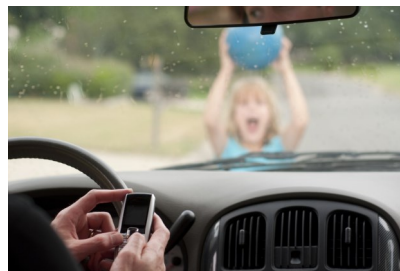




Bike Safety

Springtime weather is right around the corner, and we're already thinking about long bike rides around town! Biking safely should be every family's priority.

- Follow the rules of the road—bikes should travel at the far right side of the road, the same direction as cars.
- Use your arm signals to let drivers know what your movements will be.
- Wear a helmet EVERY time you bike, scooter, skateboard, etc. You never know when you might get into a crash, so be prepared.
- Helmets should fit well and be adjusted correctly—no more than 2 fingers space between your eyebrow and your helmet, the buckles on the sides positioned under your earlobe and the chin strap tightened so no more than 2 fingers fit underneath.
- Parents who wear their helmets when they ride are more likely to have kids who wear their helmets too! If you need a helmet, call us here at Safe Kids Grand Forks. We have sizes toddler to adult, \$12 for bike helmets, and \$16 for multisport.



Distracted Driving

Driving is a task that requires all of your concentration. It is so important that you don't take your eyes and mind off the road to use an electronic device. Here are some common myths about distracted driving.

Myth #1: Drivers can multitask

Driving and talking are both thinking tasks that involve many areas of the brain. Instead of processing both tasks at the same time, your brain is required to switch back and forth between the two activities.

Myth #2: Talking to someone on a cell phone is no different than talking to someone in the car.

Drivers on cell phones are more oblivious to changing traffic conditions, while drivers with adult passengers have an extra set of eyes and ears in the car to keep alert to traffic problems.

Myth #3: Hands-free devices eliminate the danger of cell phone use during driving.

Handheld or hands-free, cell phone conversations while driving are risky due to the distraction for the brain—leading drivers to miss seeing up to 50% of their driving environment!



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safe-



This information is brought to you by Safe Kids Grand Forks & our partners at Vision Zero