Florida Law Requires

- Every bike rider under 16 must wear a properly fitted and secured helmet, including children in a bicycle trailer or a bike seat.
- Parents and guardians must not knowingly allow a child to violate this law. Anyone who violates the helmet law may be issued a citation and fined.

Bicycle Safety Tips

- Children should not ride on a bicycle until 1 year of age.
- Small children should be securely fastened in a mounted seat on the adult's bicycle or in a trailer.
- All bicycle riders should wear a helmet, including adults.
- Bicycle riders should obey all traffic laws. It is safest to ride on the right side, with the flow of traffic.

Helmet Fitting Tips

- Helmets should fit snugly and be level on your head. The helmet rim should be one or two finger widths above the eyebrow.
- The straps should form a "V" shape under the ears and be tight enough that no more than two fingers fit between the strap and the chin.
- The buckle should be centered under the chin.

Use Your Head. Wear a Helmet.
85% of head injuries are preventable.

Don’t let your child become a statistic... follow bicycle safety laws.

Keys Healthy Start Coalition
Keys to Kids’ Safety Program
(305) 293-8424
KeysHealthyStart.org

Helmet fittings and a limited supply of helmets are available from

Florida Keys Healthy Start Coalition