

L.S. Fire and Police teach bike safety for Risk Watch

JOURNAL STAFF

In April, Lake Stevens Fire and Lake Stevens Police Department were in elementary schools to teach the bike safety module of Risk Watch. Students participating in Risk Watch learned how to properly fit a helmet and also learned how to signal with their arms while riding.

"Protecting your head and your brain is crucial when riding," explains Public Educator Alison Caton. "Brain injury can cause a variety of short or long-term changes that affect thinking, sensation, language and emotion. We want to give our community the tools and knowledge to reduce these occurrences."

To support the use of bike helmets, Lake Stevens firefighters who spot children wearing their helmets properly while riding a bike, scooter, skateboard or rollerblades may choose to issue "Safe Rider Citations" as a reward for being safe. The citations are free treat coupons that can be redeemed at the local McDon-

ald's for a small ice cream cone.

To be sure your child is wearing a properly fitted helmet:

- **Eyes Check:** After positioning the helmet on your child's head, they should be able to look up and see the bottom rim of the helmet. This rim should be one to two finger-widths above the eyebrows.
- **Ears Check:** The straps of the helmet should form a "V" under the ears when buckled. The strap should be snug but comfortable.
- **Chin Check:** When your child opens their mouth as wide as possible, the helmet should hug their head. If it does not, tighten the straps and make sure the buckle is flat against the chin. You should be able to fit one to two fingers between the chin and the chin strap.

If you have questions regarding properly fitting your bike helmet, please feel free to contact Public Educator Alison Caton at 425.334.3034. Remember, a properly fitted helmet saves lives.



Lake Stevens Police and Fire taught local kids important biking lessons like how to use hand signals to communicate with traffic and other bike riders.

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