## BICYCLE SAFETY

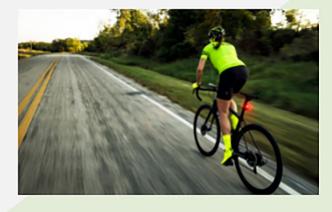
Biking can be a fun recreational activity with friends and family and a great way to exercise. With more than 80 million bicyclists on the road, safety and obeying traffic laws are everyone's responsibility.

#### **PREPARE**

### Make sure your bike is maintained and ready for riding.

Check tire pressure. Look for damage to sidewalls. Check brake pad wear and adjustment, cable and housing, brake release, and brake function.

Take a short ride to check the brakes work and bicycle gears shift properly.



#### WHAT TO WEAR

Always wear a properly fitted helmet when riding a bike.

Keep loose clothes tucked to prevent catching in the chain.

Wear reflective clothing, especially at night.

#### **FOLLOW THE RULES**

Obey all traffic laws as if you were driving a car.

Use proper hand signals when making turns and stops.

Ride in the same direction as traffic, as far to the right of the road as possible.

# Bicycle Hand Signals: The stop LEFT RIGHT or RIGHT



