



Bicycle Safety

It is important to know the rules of the road regarding bicycles, whether you are riding one or driving near one.

- Obey traffic laws as if you were driving a car.
- Ride with the flow of traffic, in the same direction as traffic, as far to the right of the road as possible.
- Assume the other person doesn't see you. Look for hazard or situations to avoid that may cause you to fall.
- When riding on a roadway, bicyclists should not ride more than two wide- except on paths or parts of roadways set aside for exclusive use of bicycles.
- Use proper hand signals when making turns and stops.

Be Prepared Before Heading Out

Always wear a properly fitted helmet.

Buy it. Fit it. Wear it. EVERY RIDE!

Ride a bike that fits you.

If the bike is too big, it's harder to control the bike.

Tuck pant legs and tie shoelaces.

Prevent your pant leg and shoelaces from getting caught in the bike chain.

Wear bright clothes and dress in layers to adjust to temperature changes.

Wear reflective clothing.

The more visible you are, the better.

Make sure your bike is equipped with a front white light and a rear red reflector before riding a bicycle at night.

Safety reflectors are especially useful where there are no streetlights.

Ensure the bicycle 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.

Never wear headphones while riding a bike.

Be focused and alert to the road and all traffic around you.

Plan your route.

Choose a path with less traffic and slower speeds, preferably with a bike lane or bike path. Be aware of where bicyclists are legally required to ride.

Bicycle Hand Signals

