

SIMPLE STEPS TO BICYCLE SAFETY

Make your safety a priority



1 PROTECT YOUR HEAD

ALWAYS wear a helmet! Make sure your helmet fits. A properly-fitted helmet can increase comfort and use. The front should sit level across your forehead just above your eyebrows. Always fasten the chin strap.



2 BIKE SAFELY

Obey traffic signs and signals. Ride on the right-hand side of the street. Bike with the flow of traffic. Stop before entering the street from a driveway or sidewalk. Slow down, look and listen when you come to a corner.



3 SEE AND BE SEEN

Wear bright or fluorescent clothing. Walk your bike across busy intersections and streets. Use reflectors on the front and back of your bike. Blinking lights increase your visibility both day and night. If you do have to bike at night, don't bike alone.



4 WATCH FOR ROAD HAZARDS

Avoid broken pavement, litter, loose gravel, mud or leaves. These can cause you to slip and lose control of your bike.



5 PROTECT YOUR BIKE

Bikes are often stolen. Get a bike lock and use it! Secure your bike in your garage or shed when not in use. Keep a record of your bike's make, model and serial number as it greatly increases your chances of having your bike returned if it is recovered.



6 USE HAND SIGNALS

Learn the proper hand signals for biking and use them before you stop or turn to make sure drivers know what you are going to do.

