

Bicycle Safety



1 Always Wear a Helmet

It should fit securely and always be buckled to prevent it from slipping

2 Be Visible at Night

Wear bright colors and reflective gear or vests, use headlights and taillights

3 Avoid Loose Clothing

Loose pants or a shoe string could easily get caught in a wheel and cause a crash

4 Check your Equipment

Before riding make sure your bike is adjusted properly, also check your tires and brakes

5 Limit Bad Weather

Rain and icy streets, strong winds, and low visibility can be very dangerous

6 Be Aware of Car Doors

Severe injuries can occur by motorists suddenly opening a car door into them

7 Obey All Traffic Laws

Ride with traffic – not against it, don't run stop signs or red lights, and stay off sidewalks where prohibited

8 Watch for Hazards

Lookout for broken glass, loose gravel, potholes, construction, and yield to pedestrians

9 Don't Ride Distracted

Keep both hands on handlebars, avoid headphones and loud music, don't use your phone while riding, and make eye contact with drivers at intersections, stop signs and other dangerous areas.