



### **General Bike Safety Tips**

- Always wear a helmet – safety rated and a snug, but comfortable fit
  - Wear white or colorful clothing for visibility
  - Riding at night - wear white and invest in a rear and front light
  - Use a mirror – watch to the rear and sides just as you do when driving a car
  - Don't hug the curb – ride at least 24" from the curb to avoid street hazards such as sewer drains and edge of road damage. Riding away from the curb makes you more visible and allows you room to maneuver in dangerous situations
  - Ride in the right lane, with the flow of traffic, never ride facing oncoming traffic
  - Ride in wide roads and roads with low traffic when possible
  - In multiple lane, and in one-way streets, ride in the right lane except when preparing for a left turn
  - Obey traffic rules and laws
  - Do not ride more than two abreast
  - Use hand signals when turning and stopping – it's good safety
    - Signal a left turn by holding the left arm straight out to your side
    - Signal a right turn by holding the left arm out with the hand pointed up
    - Signal a stop by holding the left arm out with the hand turned down
  - In quick stops, shift your weight back on the bicycle and don't lock up your front brake
  - Ride a bicycle that fits you and that is adjusted to your body and your riding style
    - Saddle height – slight bend at the knee when pedaling with the ball of your foot,
    - Saddle alignment - align the front of the seat downwards with the pedal crank axle,
    - Saddle angle - adjust the angle of the seat to your comfort – this will take some riding practice to get the right feel.
  - Keep your bike serviced regularly for tire inflation, cable lubricants and worn parts
  - Consider having a bicycle mechanic fine tune your bicycle each year before riding
  - Watch your speed and always feel in control of your bike – especially in traffic
  - Dog safety – try yelling "no" - ride slow so that you can control your bicycle and dismount to keep your bicycle between you and a dog while walking away
  - Things to have each time you ride: adjustment tools, water and a nutrition bar
- NOTE: Listed are only a few bicycle safety tips – always use common sense.