

Spring Safety Tips



Bicycle riding is fun, healthy, and a great way to be independent.

But remember that a bicycle is not a toy; it is a vehicle!

Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:

- Wear a Properly Fitted Bicycle Helmet. Protect your brain, save your life.
- Adjust Your Bicycle to Fit.
- Check Your Equipment. Before riding, inflate tires properly and check that your brakes work.
- See and Be Seen. Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. A wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights.
- Control Your Bicycle. Always ride with at least one hand on the handlebars.
- Watch for and Avoid Road Hazards. Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash
- Avoid Riding at Night. It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others.

Rules of the Road

- Go With the Traffic Flow. Ride on the right in the same direction as other vehicles.
- Obey All Traffic Laws. A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- Yield to Traffic When Appropriate. Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding.
- Be Predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.
- Stay Alert at All Times. Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks. You need your ears to hear traffic and avoid dangerous situations.
- Look Before Turning. When turning left or right, always look behind you for a break in traffic, then signal before making the turn.
- Watch for Parked Cars. Ride far en(like doors opening, or cars pulling out).

Source: National Highway Traffic Safety Administration
www.nhtsa.dot.gov