

SIMPLE STEPS TO BICYCLE SAFETY

MAKE YOUR SAFETY A PRIORITY



1 PROTECT YOUR HEAD

Helmets create an additional layer for the head and thus protect the wearer from some of the more severe forms of traumatic brain injury. A helmet aims to reduce the risk of serious head and brain injuries by reducing the impact of a force or collision to the head.



2 OBEY TRAFFIC LIGHTS

Traffic signs and traffic light signals apply to all road users. Cyclists must obey them. If you approach an intersection with a red traffic light, you are required by law to come to a complete stop...just like vehicles.



3 SEE AND BE SEEN

Dress to be seen. Wear bright clothing both during the day and night to increase your visibility. Alternatively, you can wear a high-vis vest over your dark clothing. A cyclist without lights or bright clothing is almost invisible to a driver until the very last moment. Proper lighting is required by law.



4 WATCH FOR ROAD HAZARDS

Be aware of everything happening on the road, including any objects/hazards which could quickly become a hazard such as car doors, garbage bins, children playing, etc. Maintain high visibility at all times, know the rules of the road, signal your intentions appropriately.



5 AVOID RIDING AT NIGHT

Biking at night is much more dangerous than riding during the day. If you must ride after dark, make sure your bike has reflectors and a bright light on both the front and rear. Wear reflective clothing, and don't assume that motorists can see you. Young children should not ride at night.



6 USE HAND SIGNALS

Like when you're driving a car and use lights to communicate, cycling hand signals serve as your turn indicators and brake lights. It's important to know the proper hand signals to ensure both cars and other riders can understand what it is you're going to do.

SHARING THE ROAD WITH BICYCLISTS & PEDESTRIANS

WE ARE ALL ROAD USERS

Put yourself in the shoes of a person walking or biking. We are all trying to safely get to our destination. Respect and kindness toward all road users can go a long way!

Scan the Street for Wheels and Feet

Be especially careful to look for people walking and biking before turning at intersections and driveways. Watch for parked cars leaving parking spaces. Eye contact is a critically important safety precaution for all roadway users (automobiles, bicyclists, pedestrians).

Double Threat

It is illegal to pass another vehicle that has stopped or is slowing down for a pedestrian. Remember, you might not be able to see the pedestrian when you approach a stopped vehicle - so be aware!

Passing Safely

Stay at least 3 feet away from bicyclists when passing, and don't return to the right until well clear of the bicyclist. If there isn't enough room to pass in the same lane, you must use another lane or WAIT for a safe opportunity to pass. Do not pass a person on a bike, and then immediately turn right.

Visibility

Look for bicyclists at night and watch for their reflectors or lights.

Yield to Pedestrians

Pay attention to the pedestrian signal and as pedestrians are to properly use pedestrian signals, give them the right-of-way.

Doors are Dangerous

Before opening your car door or moving, look in your mirror and physically turn your body to ensure no bicyclists are coming.

Watch for Bikes

People riding bicycles have the right to be on the road (and maybe prohibited from riding on sidewalks), so respect their right to be there.

Avoid the "Right Hook"

Look for and yield to people biking on the right when turning right.

Avoid the "Left Cross"

Look for and yield to people walking across the street and yield to oncoming people on bikes when turning left.

Check Blind Spots

Watch for bicyclists coming from behind, especially before turning right.

SPEED & PEDESTRIAN RISK

20 MPH



30 MPH



40 MPH



Likelihood of fatality or serious injury

18%

50%

77%

Source: Impact Speed and a Pedestrian's Risk of Severe Injury or Death, Brian Tefft, AAA Foundation for Traffic Safety, 2011