

# Bicycle Safety Tips

Bicycle safety tips intended to minimize crashes and injuries while bicycling includes:

- **Obey traffic signs and signals** - Bicycles must follow the rules of the road like other vehicles.
- **Always wear your helmet** - Kids 14 years old and younger are required to wear a helmet when operating a bicycle.
- **Never ride against traffic** - Motorists aren't looking for bicyclists riding on the wrong side of the road.
- **Don't pass on the right** - Motorists may not look for or see a bicycle passing on the right.
- **Keep both hands ready to brake** - You may not stop in time if you brake one-handed.
- **Scan the road behind you** - Learn to look back over your shoulder without losing your balance or swerving.
- **Never operate a bicycle wearing headphones, talking on a cell phone or text messaging.**
- **Follow lane markings** - Don't turn left from the right lane.
- **Do not consume alcohol** - Is against the LAW.
- **Dress appropriately** - Wear brightly colored clothing.
- **Use hand signals** - Hand signals tell motorists and pedestrians what you intend to do.
- **Make eye contact with drivers** - Assume that other drivers don't see you until you are sure that they do.
- **Look out for road hazards** - Watch out for parallel-slat sewer grates, gravel, sand or debris.
- **Use lights at night** - The law requires a white headlight and a red rear reflector or taillight.
- **Keep your bike in good repair** - Check brakes and tires regularly. Routine maintenance is simple and important.