

Basic Tips for Bicyclists

Always wear a helmet approved by the Consumer Product Safety Commission (CPSC), Snell or the American Society for Testing Materials (ASTM).

Obey the same traffic rules as motorists.

Ride in single file in the same direction as traffic, not against it. Stay as far right on the pavement as possible.

Signal when making a turn. Cross intersections with care.

Always be seen. During the day, wear bright clothing. Nighttime cycling is not advised, but if riding is necessary wear retroreflective clothing. Make sure your bike has reflectors and a light.

How to Measure Head Size

For a proper fit, carefully measure the circumference of the head about 1 inch above the eyebrows.

Get a Good Fit

Your helmet should feel good and fit well. Always fasten the strap. A helmet should not slide around on your head, or pull off with the strap hooked.

Did you know?

About 800 people are killed each year bicycling.

More than half a million people visit emergency rooms with bicycling-related injuries.

The majority of bicyclists killed are not wearing a helmet.

Bicycle helmets can reduce your risk of brain injury by 88%.

Riding at night is more than seven times riskier than riding during the day.



***Use your head to
protect your body***

***Bike SAFE
Bike SMART***



Bike SAFE!



Bike SMART!

***Use your head to
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About half of the nation's bike injuries happen to children ages 14 and under.

Do you know the basics of safe bicycling? Take this quiz to find out!



1. When you hold out your left arm, forearm up, elbow at a right angle and palm forward, it means you are:

- a. turning left
- b. turning right
- c. slowing down
- d. giving me five

2. A cyclist's most important piece of equipment is the:

- a. tire pump
- b. helmet
- c. water bottle
- d. headphones

3. When passing a pedestrian or other cyclist on the road:

- a. be quiet so that they don't know you're there
- b. call out "on your left"
- c. whistle softly
- d. go as fast as you can

4. A bicycle helmet should be replaced:

- a. after it gets wet
- b. when it goes out of style
- c. after 3 months or 2,000 miles
- d. after a crash

5. When you come to a red light at an intersection:

- a. slow down
- b. stop
- c. shift to a lower gear
- d. turn the corner

6. When cycling in a roadway, you should ride:

- a. on the right hand side of the road in the same direction as traffic
- b. on the left, facing traffic
- c. at the same speed as traffic
- d. standing up

7. Riding at night is best done:

- a. with a light
- b. with a friend
- c. quietly, because people are sleeping
- d. not at all

8. Retroreflective materials are those that:

- a. retain their shape
- b. bounce light back to its source
- c. protect you in a fall
- d. are from the 1970s

9. Children can ride in a bicycle safety seat when they are:

- a. one year old
- b. two years old
- c. old enough to walk
- d. able to buckle the straps

Answers:

1. b — If the forearm is held down at a right angle it means slow down. Holding the left arm straight out signals a left turn.

2. b — The rule is: Always wear a helmet. Leave the headphones at home. They make it hard to hear traffic.

3. b — Call out so they can hear you, but not so loudly that you startle them.

4. d — Even if there's no visible damage, the lining or shell may be weakened, and it can offer less protection against the next blow.

5. b — Stopping is not only the safe thing to do, it's also the legal thing to do at red lights and stop signs. Bicyclists must follow the same traffic laws that apply to automobile drivers.

6. a — By going with traffic, you'll be more visible to drivers.

7. d — Riding at night is risky. If you must ride at dusk or at night, be sure your bike has a light and wear retroreflective clothing.

8. b — By reflecting light back to its source (the headlights of a car, for instance) these materials help make you more

visible at dusk and in the dark. Wear retroreflective clothing or tape on your back, chest, ankles and wrists so that you are seen from all directions.

9. a — At one, children are generally strong enough to sit up and hold their heads upright with a helmet on. Remember, however, that having a child on your bike makes it harder to steer, stop and maneuver quickly.

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