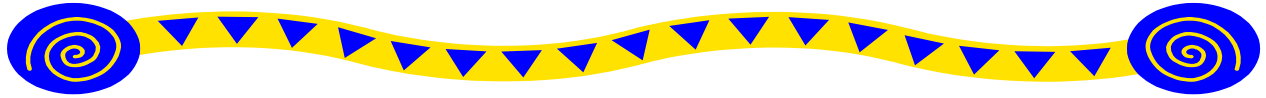


Top 10 Tips for Bicycle Safety



- 1) **Always** wear a properly fitted bicycle helmet! Head injuries are the most common serious injury suffered by bicyclists and most are preventable. Helmets made for sale in the U.S. must meet the Consumer Product Safety Commission standard, so be sure that your helmet has a CPSC sticker on the inside of the helmet.
- 2) If you ride in the road:
 - a) Ride with the flow of traffic. Ride in a straight line and keep to the right unless you are turning left, passing another bicycle or vehicle, or avoiding hazards.
 - b) Obey the rules of the road as if you were driving a car i.e. stop at stop signs and red lights and use proper hand signals when turning, stopping or changing lanes.
 - c) Ride defensively. A good tactic is to assume that you are invisible to drivers. Watch for cars at cross streets and driveways. Never ride along the side of cars when passing through intersections, they may turn in front of you without warning. Be aware of parked cars and watch for car doors that may open.
 - d) Be alert for road hazards.
- 3) If you ride on the sidewalk, always stop at cross streets and walk your bike across, staying within the crosswalk.
- 4) Use a headlight, taillight, reflectors and reflective clothing when it's dark.
- 5) Wear bright clothing during the daytime.
- 6) Do not wear headphones on both ears while riding.
- 7) Use extra caution when it is raining, and allow extra time to stop.
- 8) Keep your bike properly maintained.
- 9) Don't ride under the influence of alcohol.
- 10) Give pedestrians the right of way.

