



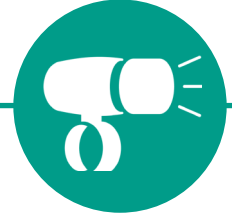
ENJOY A CAREFREE RIDE WITH THESE

# Biking SAFETY TIPS



## BE SEATED

Your bike seat should be comfortably placed at a proper height so your toes can touch the ground. Be sure it is locked in place.



## BE SEEN

Make sure your bike has reflectors on the rear, front and pedals. Also, put flashing lights on the front or rear of your bike.



## CLOTHING COUNTS

Wear neon, fluorescent or other bright clothing. Ride only during the day and use reflective clothing when possible.



## WEAR A HELMET

Appropriate bike helmets should be worn by everyone – adults and children – on every bike ride, regardless of how long it is.



## MAKE YOUR HELMET FIT

Adjust sizing pads until helmet is snug. It should sit level on your head about one to two finger widths above the eyebrow.



### CARRY PHONE/ID

If you get a flat with no patch kit on hand, your cell phone will help you get a ride. Your ID lets responders know who you are.



### SIGNAL INTENT

Signal a left turn by holding your left arm out to the side of your body. For right turns, do the same, but on your right side.



### RIDE WITH TRAFFIC

Riding against traffic makes it hard to make a right turn – and accidents are more likely if you ride on the left.



### READY TO YIELD

You cannot force someone to share the road. Watch and keep a speed that allows you to stop or yield quickly.



### RIDE WITH A FRIEND

Two cyclists are more visible than one. Plus, there's safety in numbers if one has an issue.



### DRINK WATER

Riding is a workout and workouts mean you need to replenish with water. Make sure your water bottle is filled before setting out.



### USE HANDLEBARS

This gives you better control, helps you keep your balance and makes it easier to brake faster.

