

SAFE CYCLING, ROUTES AND RULES

INFRASTRUCTURE FOR CYCLING



1 - WEAR A HELMET

Not all states require bicyclists to wear a helmet. However, research shows that wearing a helmet can reduce the risk of serious injury by 70%. Head injuries are the leading cause of fatal bike accidents. Unfortunately, 97% of victims do not wear helmets. Simply wearing a helmet can prevent many unintentional bike deaths.

2 - CHECK YOUR EQUIPMENT BEFORE YOU RIDE

You can reduce the risk of an equipment-related accident by checking your bike, helmet, and gear before you hit the road. Make sure your tires are properly inflated.

Check your reflectors and lights to make sure that they're working. Inspect your chains and gears for any defects, fractures, or issues. These simple steps can prevent an accident that could change your life.



3 - WEAR REFLECTIVE MATERIALS

A leading cause of bike accidents is limited visibility. If a driver cannot see you, an accident is more likely to occur. This is particularly true at intersections when your paths are likely to cross. While installing reflectors on your bike can help. It's also important to wear bright and/or reflective clothing. Increasing your visibility will reduce the risk of a bike accident.



More Info!



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4 - RIDE WITH THE FLOW OF TRAFFIC

Always ride your bike with the flow of traffic. In other words, travel in the same direction as other vehicles on the road. Accidents are much more likely to happen when you go against the grain. If an accident does happen when you're riding against the flow of traffic, you're more likely to be at fault for the crash. This can prevent or reduce a financial recovery.



5 - USE DEDICATED BIKE LANES

Bike lanes of all varieties are popping up across the country. However, protected bike lanes can only keep you safe if you ride in them. Whenever you see a bike lane, make sure to use it.



More Info!

