

BICYCLE SAFETY



Bicycle Helmets

Always wear
a helmet.



Speed and Traffic Signs

Follow all the rules of the road including traffic signs and signals.



Signal for Directions

Use hand signals to communicate to others you're going to turn or stop.



Being Safe and Seen

Wear visible colors -
yellow, white, orange,
neon, hot pink
and bright green.
Don't ride at night.

If needing to be out at night
wear retro-reflective clothing.
Bicycles must have a white light
on the front and a red light on
the back.



Crossing the Road

If you need to cross the road, get off your bicycle and walk it across. Always look left, right, and left again when crossing a road. At intersections or corners, also look behind and in front of you, before crossing.



General Guidelines

Be alert at all times. Keep your eyes on the road. Avoid potholes, curbs, puddles, and broken glass. Be careful of cars and be ready to stop, yield, or move if necessary.

