

Living Safely

with disabilities and special health needs

Bicycle Safety Checklist



Children's
Specialized Hospital®

An RWJBarnabas Health facility



Before going for a ride on a bicycle, it is important to make sure the bicycle is working.

This is a checklist for me to go through before each bicycle ride.



I need to test the brakes to make sure they are working properly.

I need to make sure the reflectors on the bicycle are secure.

Then I need to test to make sure that the gears shift smoothly.

I must be sure that the tires are fully inflated and are secure.



I always wear a bicycle helmet to prevent head injuries.

I need to be sure that my helmet is the correct size for my head and fits securely.

I can visit this website to learn how to fit a bicycle helmet properly.

https://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019_Fitting-A-Helmet.pdf



When going for a bicycle ride, I should avoid wearing loose clothing that might get caught in the bicycle chains or wheel spokes.

Some things I need to avoid wearing on bicycle rides are flip flops, long shirts, skirts, or dresses.



These are some tips to help make my bicycle ride as safe as possible.

No matter where I ride a bicycle, I always stay alert and look for vehicles, pedestrians, road damage, and objects that may be around me.

I don't ride when I am tired. I avoid using a cell phone or other activities that will distract me when riding my bicycle.



I always follow traffic rules and obey road signs and traffic signals. I make sure I stop at all stop signs and at red traffic lights.

Always ride my bicycle on the right side of the road. This means that I ride my bicycle in the same direction of cars and trucks. I never drive on the left side of the road with vehicles driving toward me.



When riding early in the morning, evening, or when it is dark, I need to wear bright or white colored clothing.

It's important to avoid wearing dark clothes because drivers of vehicles around me may not be able to see me.

To be safest when riding a bicycle, I wear items that are reflective or glow-in-the-dark so drivers can see me better.



My bicycle should have reflectors, too. Most states require bicycles to have a front light and a rear reflector.

A headlight on a bicycle can help others see me when riding my bike in areas that are dark or not well lit. Without a headlight, drivers are unable to see my bicycle at night.



If I need to cross a street with a bicycle, I cross at street corners with crosswalks or traffic lights.

If I can't see clearly on both sides of the street, it is not a safe place to cross.

I should avoid crossing from in between vehicles, trees, and other things that would prevent a driver from seeing me.



I stop at the curb before crossing. Before crossing, I Look to my left, then to my right, then to my left again.

I look for any person who is walking nearby. Be sure they are safe and not walking in my path.



I look for cars, trucks, motorcycles, buses, and other bicycles.

I need to be sure the drivers are paying attention and are going to stop before I cross the street. It is helpful to make eye contact with the driver.

I need to be sure vehicles around me have stopped completely.



Source:
<https://nacto.org/publication/urban-bikeway-design-guide/bicycle-boulevards/major-street-crossing/>

I always stay aware when crossing a street. Once I have started crossing the street, I remain focused until I reach the other side.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org) and the National Highway Traffic Safety Association (www.nhtsa.gov).

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