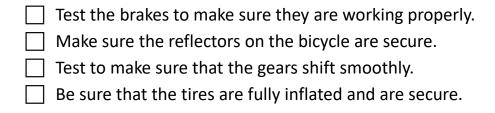


Bicycle Safety Checklist



Before going for a ride on a bicycle, it is important to make sure the bicycle is working. Go through this checklist before each bicycle ride.







Always wear a bicycle helmet to prevent head injuries. Be sure that your helmet is the correct size for your head and fits securely. Visit this website to learn how to fit a bicycle helmet properly.

(https://www.nhtsa.gov/staticfiles/nti/bicycles/pdf/8019 Fitti ng-A-Helmet.pdf)



When going for a bicycle ride, avoid wearing loose clothing that might get caught in the bicycle chains or wheel spokes. Some things to avoid wearing on bicycle rides are flip flops, long shirts, skirts, or dresses.



continued on the next page

Bicycle Safety Checklist – Continued from previous page.











Here is a list of tips to help make your bicycle ride as safe as possible.

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

Don't ride when you are tired. Avoid using a cell phone
or other activities that will distract you when riding your
bicycle.

Always follow traffic rules and obey road signs and traffic
signals. Make sure you stop at all stop signs and at red
traffic lights.

Always ride your bicycle on the right side of the road.
This means that you ride your bicycle in the same
direction of cars and trucks. Never drive on the left side
of the road with vehicles driving toward you.

When riding early in the morning, evening, or when it is
dark, wear bright or white colored clothing. Avoid
wearing dark clothes because drivers of vehicles around
you may not be able to see you. To be safest when riding
a bicycle, wear items that are reflective or glow-in-the-
dark so drivers can see you better.



Bicycle Safety Checklist – Continued from previous page.









Source: https://nacto.org/publication/urbanbikeway-design-guide/bicycleboulevards/major-street-crossing/

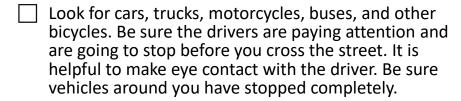
l	Your bicycle should have reflectors, too. Most states require
	bicycles to have a front light and a rear reflector. A headlight
	on a bicycle can help others see you when riding your bike in
	areas that are dark or not well lit. Without a headlight, drivers
	are unable to see your bicycle at night.

If you need to cross a street with a bicycle cross at street
corners with crosswalks or traffic lights. If you can't see clearly
on both sides of the street, it is not a safe place to cross.
Avoid crossing from in between vehicles, trees, and other
things that would prevent a driver from seeing you.

Sto	p at	the	curb	before	crossing.	Before	crossing,
		• • •					0.0000

ook to your left, then to your right, then to your left
gain.

Look for any person who is walking nearby. Be sure
they are safe and not walking in your path.



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

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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