



# BICYCLE SAFETY

## Know the Rules of the Road

Just like when driving a car, it's important to follow road rules when riding a bike. When out riding, make sure to obey all traffic signs and signals. Stay aware of traffic around you. Remember that not all drivers are watching for cyclists.

### Four Tips for a Safe Ride

#### 1. Ride a Bike That's the Right Size

- Adjust the seat to allow full range of motion in knees when pedaling.
- Make sure you can comfortably reach the handlebars.

#### 2. Wear a Helmet on Every Ride

- Wear your helmet snugly. It should not slide or shake on your head.
- Check for the following fit:
  - Helmet sits level on head.
  - Side straps meet in a "V" under earlobe.
  - Room for two fingers between the brim of the helmet and eyebrows.
  - Chin strap is snug but not too tight.

#### 3. Use Lights and Reflectors

- Put white lights and reflectors on the front of the bike. Use red lights and reflectors on the back.

#### 4. Wear Bright and Reflective Clothing

## Perform the ABC Check Before Every Ride.

# A

**Air** – Are the tires properly inflated?

# B

**Brakes and Bars** – Are the brakes working and are the handlebars tightened at the right height?

# C

**Chain** – Is the chain tight and oily looking?

## Know and Use Cycling Hand Signals

Bicyclists are expected to show where they are going by using hand signals. Hand signals are an easy way to keep you safer when riding.



Right Hand Signal



Left Hand Signal



Stop Signal



In Cooperation With:

## Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • [www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention)

Source: National Highway Traffic Safety Administration