







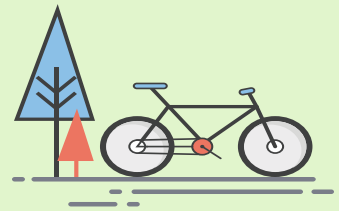
Bicycle Safety



It is important to know the rules of the road regarding bicycles, whether you are riding one or riding near one.

Before Riding

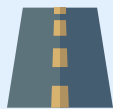
-  Always wear a helmet
-  Never wear headphones while riding a bike
-  Tuck pant legs and tie shoelaces so they don't get caught in the bike chain
-  Wear bright clothes and dress in layers to adjust to temperature changes
-  Riding a bicycle at night, requires the bike to be equipped with a front white light and a rear red reflector
-  Ensure the bicycle is equipped with working brakes



Avoiding Crashes

Plan a safe route with less traffic and slower speeds, preferably with a bike lane or bike path. Be aware of where bicyclists are legally required to ride.

Bicyclists are expected to follow the same laws as automobiles, including:



Riding as near to the right side of the roadway as possible. Ride with the flow of traffic, in the same direction as traffic.



Riding in a lane other than the right-hand lane, if only one lane is available that allows the bicyclist to continue on the intended route.



While riding on a roadway, bicyclists should not ride more than two wide – except on paths or parts of roadways set aside for exclusive use of bicycles.