

Drive  
SAFE

Work  
SAFE

Live  
SAFE

## BIKE SAFETY

- **Bicycles are vehicles**, and riders must follow the rules of the road.
  - Stay to the right and ride with traffic.
  - Stop at all stop signs, red lights and yield signs.
  - Use appropriate hand signals when turning and stopping. Look behind before turning across traffic lanes.
  - Pedestrians always have the right of way.
- **Don't assume motorists can see you.**
  - Avoid riding at night if possible. If you must ride after dark, make sure you are visible. In addition to light or brightly colored clothing, wear retroreflective material such as a vest and reflective straps on arms and legs. Retroreflective patches can be purchased inexpensively at fabric stores. Use a front and rear light — reflectors alone are not adequate for a motorist to see a cyclist.
- **Keep your bike properly maintained.** Have it checked over by a competent bike mechanic at least once a year.
- **Wear a properly fitted helmet.** A helmet should ride level on the head and not move. If a helmet moves when worn, adjust side and chin straps and twist the dial turn ring or add sizing pads to prevent the helmet from sliding. Double check the helmet before every ride.
- **Avoid wearing headphones while bicycling.** They can limit your ability to hear traffic noise.

### Acknowledgments:

[Safe Kids Worldwide](#)

[National Safety Council](#)



MINNESOTA SAFETY COUNCIL

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