

Bike Safety



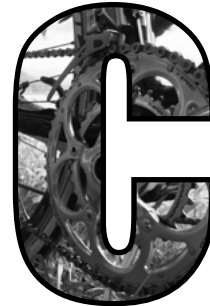
A is for Air

Check air pressure. Spin wheels make sure tires are not worn.



B is for Brakes

Make sure coaster brakes stop bike by spinning back wheel and applying brake. Hand brake levers should not hit handlebars when squeezed. Brake pads should be clean and straight.



C is for Cranks, Chain, and Cogs

There should be no movement in the crank arms. Spin the pedals to see if the chain moves the rear wheel. The chain should not be rusted or filled with black gunk.



Helmet Safety

- Always wear a helmet, no matter how short the trip.
- If a crash or impact affects helmet, replace it.
- Be sure helmet fits properly or it will not protect you.
- Helmet should be on top of head, not tipped back.
- Straps should be connected under both ears at the jawbone.
- Buckle should be snug with mouth wide open.
- Occasionally check strap adjustment.
- Do not use helmet pads to make a large helmet fit your head.
- Find smallest helmet shell size that fits over your head.
- Leave two-fingers width between eyebrows and the front of the helmet.



Safety Tips for Bicyclists

Follow Road Rules

- Ride in a straight line, not in and out of cars.
- Use hand signals when turning and stopping.
- Obey traffic signs, signals, lane markings, and yield to traffic when appropriate.



Be aware of laws for riding bikes on sidewalks

- Motorists might not be aware of bicyclists on sidewalks.
- If riding on sidewalks, driveways and intersections may present a greater risk of being hit than riding on the road.
- Ride on the trail, paved shoulder, bike lane, or bike route and follow the rules of the road.

Be Predictable and Visible

- Do not do things that motorists or other travelers may not be expecting. For example, making a sudden turn across traffic without signaling.
- Make sure you are visible. Be sure everyone knows where you are and where you are going.
- When riding in the dark, use headlights, taillights, reflectors, and wear reflective and bright colored clothing.

Watch the Road

- Rocks, trash, storm gates, wet leaves, potholes, gravel, railroad tracks, and wet pavement can cause crashes.
- Watch for parked cars, doors opening, and cars pulling in and out of driveways.



Watch Traffic

- Most collisions happen at intersections/driveways when motorists or bicyclists are turning.
- Watch for motorists turning in your path, they are likely watching for gaps in traffic and may not see you.

Ride With Traffic

- Ride with the flow of traffic, not against it. Getting hit from behind is less likely.
- Riding with traffic makes you more predictable and visible to motorists.

Resources

- League of American Bicyclists
- www.pedbikeinfo.org

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