

BICYCLE SAFETY TIPS

Remain alert to your surroundings at all times.

- Ride in bike lanes or paths if available.
- If there are no bike lanes, ride as far to the right as possible, in the same direction as motor traffic.
- Be aware of drivers' blind spots and vehicle doors opening.
- Maintain safe riding speeds in conformity with the law and appropriate to conditions.

Dress for safety.

- Always wear a properly fitting, buckled helmet, even when not required by law.
- Wear white or bright colors by day and reflective gear by night.
- Ensure your bicycle is well equipped with reflectors and/or lights so you can be seen clearly by drivers.
- Wear supportive, closed-toed footwear. No flip flops or sandals that could get caught in bike pedals.

Maintain bicycles regularly.

- Equip with headlights and tail lights.
- Include front and rear wheel reflectors.
- Add mirrors and other safety equipment.



ASSOCIATION FOR
SAFE INTERNATIONAL
ROAD TRAVEL

COMMONLY USED HAND SIGNALS

Left Turn

Point to your left
using your left arm

Right Turn

Point to the right
using your right
arm

Slowing Down

Place an open hand
on your lower back
with the palm facing
outwards

Stopping

Place your hand
behind your back
and make a fist



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