

"For safety's sake—do something."

Bicycle Safety: Commuting for Work or Play

Bicycling is one of the best ways to get exercise, see the sights, and reduce your carbon footprint. However, bicyclists face a host of hazards. They often must share the road with vehicles, and injuries can happen even on a designated path. With about 80 million bicyclists sharing the road with motorized vehicles, it is vital bicyclists – and drivers – take some safety precautions.

FOLLOW THE LOCAL BICYCLE LAWS

Bicyclists are considered vehicles on the road. Obey traffic lights, signs, speed limits, and lane markings. Utilize hand signals when turning.

CARRY A PATCH KIT OR SPARE TUBE

Flats are always a possibility when commuting to work or play.

NEVER WEAR HEADPHONES

They may hinder your ability to hear traffic.

PROTECT YOUR HEAD

Never ride a bicycle without wearing a properly fitted helmet.

PRE-RIDE YOUR ROUTE

If you are going to be commuting for work, plan your route and try it out on a non-workday. Pay attention to the time it takes and make sure it's the safest route.

ENSURE BICYCLE READINESS

Make sure all components of the bicycle are functioning properly.

BE PREPARED FOR BAD WEATHER

Eventually, if you are commuting for work daily, you will find yourself caught in the rain. Make sure you have some emergency rain gear available.

ALWAYS RIDE WITH THE FLOW OF THE TRAFFIC

Ride straight and do not swerve in and out of traffic.

NIGHT RIDING

Wear neon and fluorescent colors. Make sure your bicycle has reflectors / lights on both the front and back.

Safety Scott says

**"For Safety's Sake, Do Something."
and share the road safely!**