



BICYCLE SAFETY FOR ADULTS

→ SAFETY TIPS FOR A SAFE RIDE. SHARE THE ROAD!

Bicycle Safety

Your bicycle is like a car. You have the same rights and duties as that of a car owner. These rights and duties include being a safe, defensive, bicycle operator. As a bicyclist, you must follow the laws, be visible, and let other cyclists and motorists know what you are going to do. Learn to share the road with cars, buses, motorcycles, mopeds, and trucks.

ALWAYS:

- Obey all traffic control devices and use proper hand signals.
- Yield the right-of-way to pedestrians.
- Ride with the flow of traffic, not facing it.
- Dress safely - wear a helmet and bright colored clothing; secure loose pant legs. At night wear reflective clothing and apply reflective tape to your bicycle.
- Be aware of motor vehicle blind spots while riding or when stopped at an intersection.
- Walk your bicycle when you get into traffic situations beyond your cycling abilities.
- Park your bicycle so you do not block sidewalks, handicap and building accesses or emergency drives.
- Lock your bicycle – secure both wheels and the frame to a stationary object using a sturdy lock.

NEVER:

- Carry passengers or packages which may block your vision.
- Ride between parked cars.
- Ride at night without using a headlight and reflectors.
- Ride a bike across a busy intersection.
- Ride a bike on Interstate highways.
- Wear earphones in both ears while riding a bicycle.
- Operate a bicycle while under the influence of alcohol or drugs.

Hand Signals

Proper hand signals, shown to the right, should be used whenever possible. However, signals do not have to be given continuously if both hands are needed to control the bicycle.

LEFT TURN:

- Extend your left arm out sideways with all fingers extended or use your index finger to point left.

RIGHT TURN:

- Extend your left arm out sideways bent at a 90-degree angle at the elbow joint, hand pointing upward and the palm of your hand facing forward.

ALTERNATIVE RIGHT TURN:

- Extend your right arm out straight with all fingers extended or use your index finger to point right.

STOP OR SLOWING:

- Extend your left arm or right arm sideways and bend your arm at a 90-degree angle at the elbow joint, hand pointing downwards and the palm of your hand facing backwards.



Maintenance

To keep your bike running safely and smoothly, check the following on a regular basis:

- Tires and spokes
- Handlebars and frame
- Brakes
- Lights and reflectors
- Chain

Helmet Tips

- Replace any helmet that has been involved in a crash or is damaged.
- Buy a helmet that fits your head now, not a helmet to “grow into.”
- Replace any helmet that has been outgrown.
- The helmet should be comfortable. If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments.
- The helmet must cover your forehead and the chin strap must be tight and properly adjusted.
- The helmet should not rock forward or backward on your head.

(Information updated March 2026)