



Top 5 Bicycle Safety Skills

Every day millions of people safely ride bicycles for transportation. So can you!

Your safety on the road depends on five essential bicycling skills that can significantly reduce your risk of injury

SKILL

5

Protect your head and hands

- Recognize that a helmet and gloves can't prevent a fall or collision
- Wear a comfortable bicycle helmet, sized and adjusted for your head, covering your forehead and the back of your head.
- Replace your helmet immediately after a fall or at least every 5 years.
- Wear cycling gloves with padded palms to protect your hands in case of a fall.

SKILL

4

Respond to hazards

- Watch for clues that a collision might be about to happen, such as:
- A motorist passes you on the left and makes a right turn across your path.
- A stopped or slow-moving car makes a right turn across your path just as you pass it on the right.
- A motorist on a cross street makes a right turn into your path as you cross the intersection.
- A motorist heading toward you in the opposite lane makes a left turn across your path.
- Someone in a parked car opens a door into your path.

SKILL

3

Make yourself visible

- Use a bike lane if available. If not, ride in a straight line in the same direction as other traffic, in the rightmost through lane, outside the door zone.
- Move to the center of the lane when:
- Traveling the same speed as other traffic.
- Narrow lane width or obstacles make it unsafe to be passed by other drivers within the lane.
- Always signal before turning.
- Yield the right of way to other drivers when entering the roadway.

SKILL

2

Share the road

- Recognize and obey all traffic signs, signals and road markings, including:
- Stop and yield, directional (one way, right turn only, etc.), and warnings (railroad crossing, road closed, etc.).
- Obey all lane markings, including:
- Bike lanes and shared lane markings ("sharrows"), directional arrows through intersections, left- and right-turn-only lanes, pedestrian and bicycle-path crosswalks.
- Watch for pedestrians, especially in crosswalks and driveways.
- Avoid riding on sidewalks whenever possible, and yield to pedestrians if you must use a sidewalk.

SKILL

1

Control your bike

- Perform the ABC Quick Check each time you ride:
- A = Air. Inflate tires to the pressure marked on the sidewall.
- B = Brakes. Squeeze brake levers and check that they can stop the wheel.
- C = Chain. Crank and pedals, chainring (big front gears) and cassette (rear gears or cogs). Wiggle pedals toward the frame to check for loose crank arms or bearings.
- Quick = Quick release levers that secure your wheels and seat post. Check that they're tight enough.
- Check = Check for other loose items by dropping the bike a few inches. Take a short test ride to make sure everything's working and you can shift through all the gears.

