

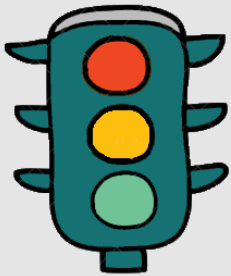
SIMPLE STEPS TO BICYCLE SAFETY

Make your safety a priority

1 PROTECT YOUR HEAD

Your helmet should fit snugged but comfortable on your head.

Step 1: Put your helmet on, you should be able to see the bottom rim of your helmet by looking up. **Step 2:** When buckled, straps should form a "V" under your ears. **Step 3:** When buckled you should be able to open your mouth comfortably .



2 OBEY TRAFFIC LIGHTS

Share the road and follow the same rules as other road users. When riding, make sure to follow the same direction as traffic.

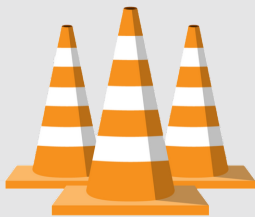
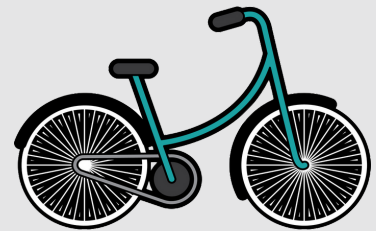
Red Light- Come to a full stop

Yellow Light- Slow down and prepare to stop

Green Light- Proceed when safe

3 SEE AND BE SEEN

Wear bright color clothing and shoes. Reflective clothing such as vests helps reflect light from cars, making you visible. Ensure that your bike has wheel and front and rear reflectors

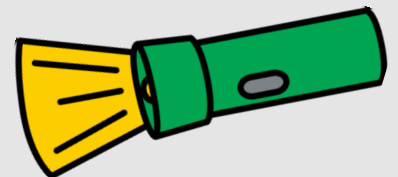


4 WATCH FOR ROAD HAZARDS

It is important to be aware of your surroundings to reduce risk of accidents. Avoid using earphones and cellphones as they are distractions and increase your chances of getting hurt.

5 AVOID RIDING AT NIGHT

Riding your bike at night is more dangerous as there is limited visibility. When possible avoid riding at night. If riding at night, make sure to have bike reflectors, a flashlight and wear bright color clothing so cars can see you.



6 USE HAND SIGNALS

