

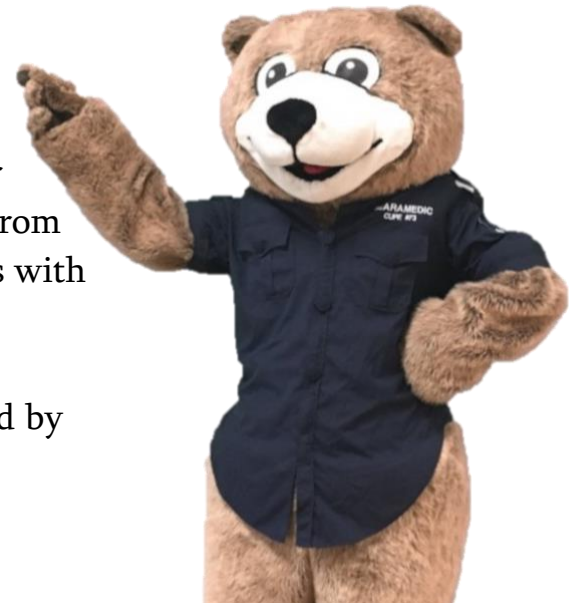


# Bicycle Safety

*Be smart. Ride Safe.*

## *Did you know...*

- The majority of bicycle injuries do not involve motor vehicles. Most accidents occur less than five blocks from home, in familiar surroundings and involve collisions with stationary objects, other bikers or pedestrians.\*
- Up to 88% of serious head injuries could be prevented by wearing a bike helmet.\*



## **Follow these tips from Bear-a-medic to be a safe rider:**

- **ALWAYS** wear a properly fitted and secured helmet!
- Use hand signals and follow the rules of the road.
- Be visible – wear bright colours and reflective gear so drivers, other bikers and pedestrians can see you.
- Avoid loose clothing and shoelaces that can get caught in wheels, pedals or gears and cause a fall.
- When crossing the road, always cross at a crosswalk or pedestrian marked intersection when possible. Look both ways and make sure all vehicle traffic has stopped – then walk your bike across the road.
- Put your phone away! Don't be a distracted bike driver...keep both hands free and avoid using headphones or listening to loud music. You need to *see* and *hear* your surroundings.