

### Get Ready to Ride Safe!

You've ridden a bike for years, beginning as a child with your parents looking out for you. Now you're riding on your own and need to look out for yourself, so know the facts. Bike riding is a great way to get around and stay in shape, but people are seriously injured every day on bikes, causing brain injuries and broken bones— injuries you can avoid if you ride safe!



**Think First before heading out on your bike – helmets are 85 – 87% effective in reducing your risk for a brain injury!**

### **Always wear a certified bicycle helmet that fits and is correctly fastened.**

Don't get caught in a crash without a helmet—it's not worth it! Wear it fastened correctly so it stays on your head to protect you.

### **Use a bike that is the right size and in good working order.**

Riding without brakes or working parts is not safe!

### **Wear clothing that does not have loose fabric, drawstrings or laces.**

Make sure nothing can get caught in your chain—not only do you risk injury but you can ruin your clothes.

### **Wear bright or reflective clothes and use reflectors on your bike.**

Make sure you can be seen at all times.

### **Avoid riding at night or where you can't be seen or easily avoided by others.**

Don't assume drivers, pedestrians or even other bike riders can see you, day or night; in fact, assume they can't see you! Use caution as well as lights, reflectors, horns and your voice to be seen and heard!

### **Know the rules of the road.**

Bicyclists must follow the same traffic rules as cars and other motor vehicles, including riding in the same direction as traffic and obeying traffic signs and signals. Learn to use hand signals for turning and look left-right-left before entering an intersection. Ride straight and avoid swerving.

### **Don't ride distracted or under the influence.**

You're a driver now—stay alert for other drivers and pedestrians, or parked car doors opening. Don't use a phone or wear earbuds while riding. Never ride under the influence of anything that could alter your ability or reaction time.

### **Watch the road for obstacles.**

Cracked or wet pavement, gravel, and other obstacles can send you flying — stay alert, watch your speed and be aware of traffic before going around an object.

### **Be a courteous rider.**

Pedestrians have the right of way, and automobiles are big and powerful—be considerate and aware of both, as well as other bike riders.

For more information on safety and helmet fitting, visit

**[thinkfirst.org](http://thinkfirst.org)**