

10 SIMPLE STEPS FOR BICYCLE SAFETY

Bicycling is a fun and healthy way to get around and get your daily dose of physical activity. But before riding, make sure you and your bike are ready to ride.



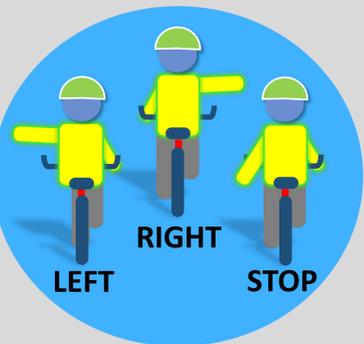
WEAR a HELMET

Make sure it fits and is strapped on. It should be a snug fit with little movement.



FOLLOW the RULES

Stop at stop signs and traffic signals. Ride to the right when on the road, with the flow of traffic. Yield to pedestrians and other vehicles when riding on a sidewalk or path.



SIGNAL your MOVES

Use hand signals to let others know your intended moves.



CHECK your GEAR

Make sure your tires have air, your brakes work, your seat is adjusted, and nothing seems loose.

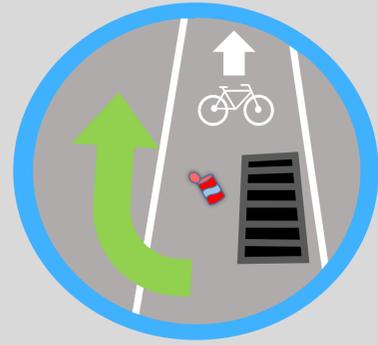


SEE and be SEEN

Wear bright or reflective clothing and always use lights when riding at night or in low light. Lights help you see and be seen by others.

LOOK for HAZARDS

Look ahead for cars pulling out of driveways or people exiting parked cars. Always look both ways and scan ahead when turning.



DON'T get DISTRACTED

Do not get distracted by your phone or other devices. Stay alert at all times. Listen for traffic and other road users nearby.



MAKE some NOISE

Use a bell, a horn, or your voice to alert others when approaching from behind, especially pedestrians when riding on a sidewalk or path.



Be WEATHER READY

Make sure you're prepared for all types of weather. Carry a light jacket to help stay warm and dry. Use your lights on cloudy days.



LOCK it UP

One of the best ways to protect your bike is to lock it up with a quality lock, even while at home.



Note: This information is available in alternative accessible formats. To obtain an alternative format, contact KDOT Public Affairs, Eisenhower Building, 700 SW Harrison 2nd floor west, Topeka, KS 66603-3754, or (785) 296-3585 (voice) Hearing impaired – 711.



Bicycle Safety: <http://www.ksdot.org/bureaus/burRail/bike/BicycleSafety.asp>
Bicycle Statutes: <http://www.ksdot.org/bureaus/burRail/bike/BicycleStatutes.asp>

