

Before you go out to ride your bicycle, learn these **SAFETY RULES**

- 🚲 **Always keep to the right.** Ride with the traffic.
- 🚲 **Ride single file.** Stay out of the way of faster car traffic.
- 🚲 **Don't swerve or weave or switch lanes.** Try to travel in a straight line close to the edge of the road.
- 🚲 **Obey all traffic rules.** Bicyclists must stop for stop signs and obey traffic signals.
- 🚲 **Stop at intersections.** Look both ways before you cross or turn.
- 🚲 **Use hand signals.** Use the signal shown on this page when you turn or stop.
- 🚲 **Watch out for pedestrians.** People on foot have the right of way.
- 🚲 **Don't overload your bike.** Never ride double or carry a heavy load. The road is not a safe place for tricks or stunts.
- 🚲 **Keep your bike in good shape.** Make sure everything on your bike is in working order. Check your brakes and tires before each ride.
- 🚲 **Be alert.** Watch for possible dangers, such as rocks in the road, dogs, puddles or glass.
- 🚲 **Wear a helmet.** In an accident, it will protect your head from serious injury.
- 🚲 **Use a headlamp and reflectors** for night riding. Wear light colors.
- 🚲 **Wear bright clothes** for daytime rides.
- 🚲 **Avoid sharp turns,** particularly on dirt, gravel or sand.
- 🚲 **Shout** to alert pedestrians or motorists of your presence.

Never change directions or lanes without first looking behind you, and always use the correct hand signals. Use your **left** arm for all hand signals.

- 🚲 **Left turn:** after checking behind you, hold your arm straight out to the left and ride forward slowly.
 - 🚲 **Right turn:** after checking behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward slowly.
 - 🚲 **Stop:** after checking behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.
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HOW IMPORTANT IS BIKE SAFETY?

A national research study has shown that every year in the United States:

- ➔ Head injuries in bicyclists are noted in:
 - 🚲 65,000 emergency room cases
 - 🚲 7,700 hospital admissions
 - 🚲 40% of bicyclists admitted to hospitals
 - 🚲 70% to 80% of fatally injured bicyclists
- ➔ Bicyclists hospitalized with head injuries are 20 times as likely to die as those without.
- ➔ Bicyclist injury rates are highest between ages 5-15.
- ➔ 56% of fatally injured bicyclists are age 20 or older.
- ➔ Death rates for male bicyclists ages 20-54 have substantially increased in recent years.

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