



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Bicycle Safety



Cycling can be a wonderful form of exercise and a quick means of transportation. But it can also be life-endangering if you fail to cycle safely. Use these tips to help make the time you spend cycling the time of your life.

- Make sure your bike has the required safety equipment. Besides a clear-lensed headlight and reflectors, a bicycle should have a horn or bell and rearview mirror. Reflective equipment should include: a red rear, a white front, and a red or colorless spoke reflector on the rear wheel, an amber or colorless reflector on the front wheel, and pedal reflectors.
- Obey all traffic rules, signs, signals, and pavement markings; keep to the right; ride with the traffic, not against it; and keep a safe distance from the vehicle ahead.
- Always be seen. During the day, cyclists should wear bright clothing. At night, cyclist should wear reflective clothing designed to bounce back motorists' headlight beams. Safety flags attached to the rear of your bike, also help approaching motorists see you more clearly.
- Ride in single file. Bicycling two abreast can be dangerous when trying to pass.
- Make safe turns. Riders should signal turns well before the intersection using correct hand signals: left arm straight out for left turns, left forearm extended up for right turn.
- Never wear clothing that blocks your vision.
- Never ride while listening to headphones.
- Wear a helmet. Hard-shell helmets bearing stickers indicating approval of the Snell Memorial Foundation or the American National Standards Institute offer proven protection.