



Drive Safely Work Week

When you're the CYCLIST

GETTING THERE SAFELY IS EVERYONE'S BUSINESS

In a recent cycling survey, the top concerns raised about cycling were related to cars and pedestrians including distracted drivers, the speed of cars, getting "doored" (riding into the path of a suddenly-opened door) or pedestrians stepping out in front of the cyclist.¹

DID YOU KNOW?

- Nearly 50% of all trips made by Americans are less than three miles, which for many could be done on a bicycle.
- Bicycle commuting has increased more than 150% from 2004 to 2009.²
- In all 50 states, a bicycle is considered a vehicle on the road and the cyclist is considered a vehicle "driver." Cyclists have the same rights and responsibilities as motorists, must follow the same rules regarding traffic signs and signals, and must ride in the same direction as traffic.
- Every day, 140 cyclists are killed or injured in the U.S.

TIPS FOR GETTING THERE SAFELY WHEN YOU'RE THE CYCLIST

Wear a helmet. [A properly fitted helmet](#) can reduce the risk of head injury by as much as 85%.

Be visible. Wear bright, reflective clothing. For night riding, use a white front light and a red rear reflector, as required by law.

There's safety in numbers. Whether riding for exercise or for your commute to and from work, make the effort to join up with other cycling enthusiasts. Not only will the ride be more enjoyable, you'll increase your visibility.

Always ride with traffic and obey all signs and signals. Cyclists traveling against traffic put themselves at higher risk. They are unexpected, can't see or follow traffic signs and signals, and are breaking the law. Whether in the road, in a bike lane or on a sidewalk, ride with the flow of traffic.

Scan ahead. Look for obstacles in the roadway and learn to avoid them without swerving into traffic.

Be wary of the door zone. Ride an arms-width out from parked cars on the road and watch for drivers or rear-seat passengers who may be inattentively exiting their vehicles, putting cyclists in the path of an open door.

Pack the iPod away. Ride focused using your eyes and ears to help keep you safe. Look and listen for traffic, sirens and other sounds around you.



GOT KIDS?

- Set a good example by always wearing a helmet.
- The American Academy of Pediatrics recommends that children be at least one year old before riding in a bike seat or trailer to allow adequate development of neck muscles.
- If taking your kids for a ride in a bike seat or a kid's bike trailer, make sure they are properly secured and wearing a helmet with the right fit. For information on correctly fitting a bicycle helmet, see the National Highway Traffic Safety Administration (NHTSA) publication "[Easy Steps to Properly Fit a Bicycle Helmet.](#)"
- Teach kids to ride predictably — in a straight line, signaling any changes in direction.

For more information on kids and safe cycling, see the NHTSA publication "[Kids and Bicycle Safety.](#)"

¹The association of pedestrian and bicycle professionals, Women's cycling survey, 2010

²2009 Bicycle Commuter Study