

Date:						

BICYCLE SAFETY



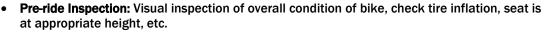
Always Wear a Helmet!!

Many people in the community feel it is easier to travel around campus by bicycle than by car. This is a great way to enjoy the campus, not worry about finding a parking space, and be environmentally friendly. With this toolbox we will touch on basic bicycle safety.

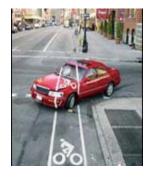
Recommended Bicycle Safety Equipment:

- Properly fitting helmet
- · Reflective devices
- Panniers for Storage
- . Head lights for night-time riding
- · Tail lights
- Mirror

Proper Bicycle Safety Practices:



- Go with Traffic: This allows drivers more time to see the rider, eliminates the risk of being struck by a vehicle making a right hand turn onto the street, and minimizes the potential harm if there is a collision.
- Avoid Busy Streets: Learn routes that are typically the least crowded with vehicles.
- **Don't Ride on the Sidewalk:** Unless it is the only feasible option, don't travel on the sidewalk. When you go to cross a street or come to an intersection, cars will not be able to see you until it's too late.
- Watch for Car Doors: Ride far enough to the left that you will not be struck by an unexpected open door. This is a much more likely scenario than getting struck from behind. Seek wide streets.
- Be the Most Defensive Driver on the Road: Ride as if no drivers can see you on the road.
- **Practice:** Don't ride in the city until you can drive in a straight line while looking over your left shoulder.
- **Be Predictable:** Drive in straight consistent lines. Use the appropriate hand signals for turning. Be visible to drivers.



Be Alert: You still need to pay attention in designated bike lanes.



FM-OHS: fm-ohs@virginia.edu (434) 297-6379

